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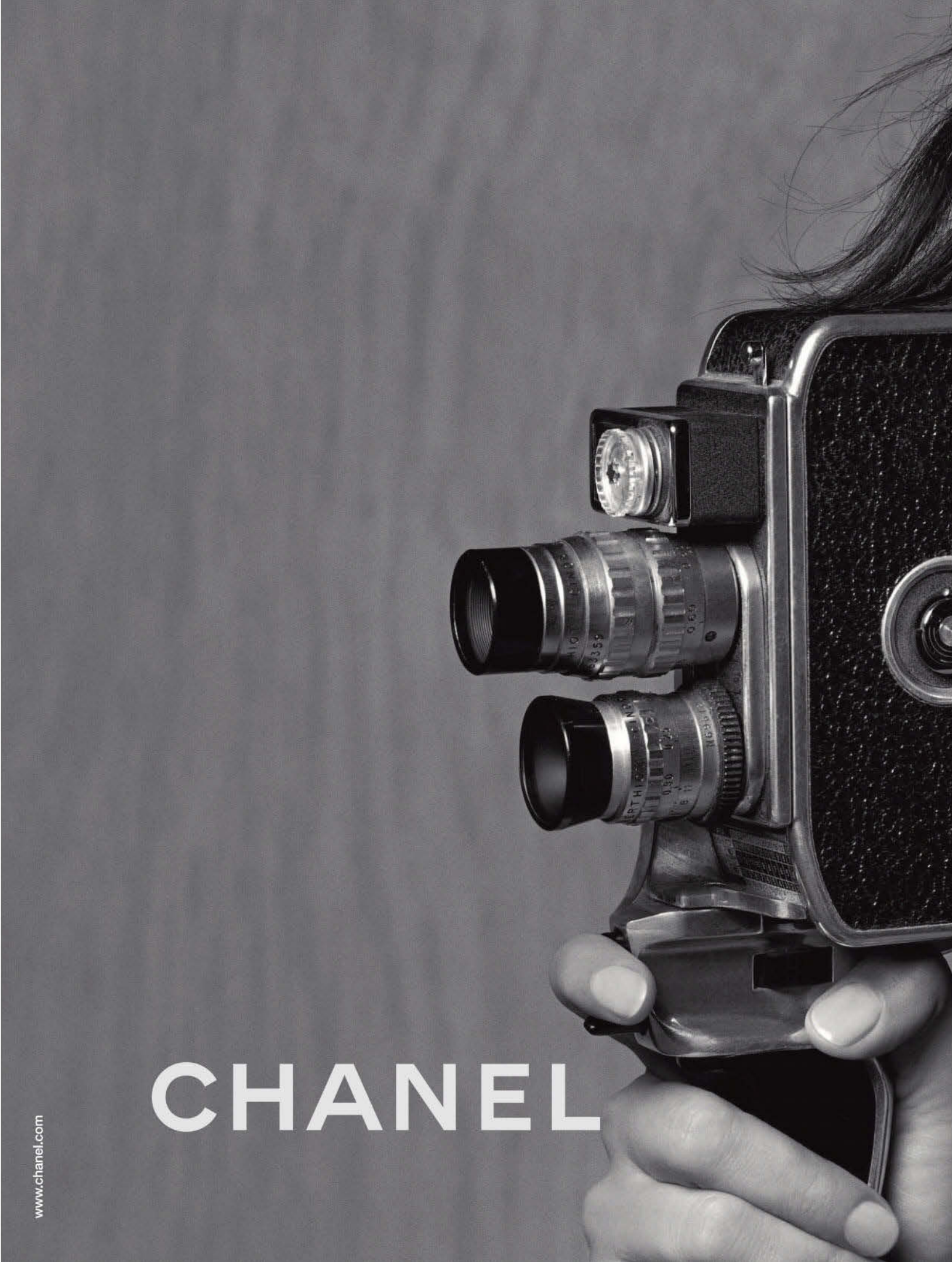
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Photography: 3 Objectives, Jason Hetherington, Clarke Tolton, Marcin Tyszka, Graham Walser for Hearst Studios.

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Photography: Aitken Jolly. Fashion: Anne-Marie Curtis. Hair: Lok Lau at CLM Hair & Make Up using Kiehl's Stylist Series. Make-up: Kirstin Piggott at Julian Watson Agency for Rimmel London. Manicure: Adam Slee at Streeters using Rimmel London. Set design: Trish Stephenson at CLM. Talent: Ellie Goulding. With thanks to: Spring Studios.
On the newsstand cover: Wool jumpsuit and matching top, both Dior. Earrings, Ellie's own.
On the subscriber cover: Wool coat, Jonathan Saunders. Cotton-mix top and nylon bikini bottoms, both American Apparel. Leather shoes (just seen), Acne Studios. Skin: Lasting Finish 25hr Foundation With Comfort Serum, £6.99; Mono Blush in Santa Rose, £3.99. Eyes: HD Eye Shadow Palette in Pinkadilly Circus, £6.99; Wake Me Up Mascara, £7.99; Professional Eyebrow Pencil, £2.99. Lips: Oh My Gloss! Lip Gloss in Glossip Girl, £5.49. Nails: Salon Pro by Kate Nail Polish in Soul Session, £4.49. All Rimmel London.
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DANIEL NADEL

Australia-born, London-based photographer Daniel bought his first camera when travelling at the age of 18. This inspired him to study photography on his return. The highlight of his career so far? 'My first shoot abroad – for adidas All Originals, in New York.' Expect to find avocado, houmous, cheese and Vegemite in Daniel's kitchen. If he was a cocktail, he would be an old fashioned ('rye, not bourbon'). See his work in The High-Street Edit on p152.

#ELLEBookClub:
Battle Royale by Koushun Takami

@DANIEL_NADEL





BILLIE BHATIA

Billie, 25, has been assisting the ELLE fashion team for 11 months. She loves her golden retriever, Chester, more than any human, and watching her dad try to use a computer makes her laugh. Billie's signature scent is Creed Silver Mountain Water and she loves the style of the 1920s: 'I would love to have partied during the Prohibition.' Fact: Billie does a word-perfect rendition of Meat Loaf's *I'd Do Anything For Love*. Read Billie's memoir on p118.

#ELLEBookClub:
To Kill A Mockingbird by Harper Lee

@BILLIEBHATIA

#ELLEINSPIRE

'Don't wait. The time will never be just right'

– NAPOLEON HILL

PAUL FEIG

Filmmaker, writer, author and producer Paul directed game-changing comedy *Bridesmaids*, starring Kristen Wiig, Rose Byrne and Melissa McCarthy. Paul always wears a suit and tie: 'I'm a style fanatic.' His superpower would be 'an unlimited expense account' and he lives by the motto 'expect the worst'. Paul writes about the shifting perception of women in film on p84.

#ELLEBookClub:
The Selfish Gene by Richard Dawkins

@PAULFEIG





KIM BROWN

Kim Brown's favourite era for beauty is the 1990s: 'I love the rawness.' Her signature 'no make-up' make-up has made her an in-demand artist with brands including *i-D*, *Dazed & Confused*, Preen and Jonathan Saunders. Kim can't live without By Terry Baume De Rose and she unwinds with Aromatherapy Associates Deep Relax Bath & Shower Oil. Currently, Kim is listening to *God Only Knows* by The Beach Boys on repeat. See her work on p126.

#ELLEBookClub:
Perfume by Patrick Süskind



ELLE

THEY MADE THIS



JULY 2015

BEAUTY SCHOOL

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The first time I met Ashley Graham, she overwhelmed me with positivity. When she came into the ELLE office to talk about her modelling and fitness career, her vibrant energy seemed to literally bounce off the walls.

After that upbeat meeting with Ashley, during which she showed me how to fit a sports bra properly, I decided our Body Issue should have a different feel this year. This time, I wanted to tell a new story. I know many of you want tips and tricks on how to be stronger, leaner, healthier pre-holiday season (and we do have that on p166), but I felt it would also be inspirational to get women to talk about their emotional relationship with their bodies. After all, our bodies tell the story of who we are more quickly than any conversation can. Your body may be a product of your genetic make-up, but it is also a statement about how you live your life and how you are feeling today. Personally, I feel my relationship with mine changed after I had children. I'm really proud that it managed to produce four amazing babies, which is why I try to treat it well now I am in my 40s. But I am very aware that the emotional and mental connections many women have with their bodies is a work in progress, and sometimes it's terribly challenging.

This is why I asked one of our fashion interns, Billie Bhatia, 25, to write about being a larger-than-average size for this issue. When Billie applied to work at ELLE, she included a link to her blog, From Fat To Fit Billie (fromfattofitbillie.blogspot.co.uk). I thought it was brave to use the word 'fat' because it often attracts criticism. I was inspired when I watched Billie come to work every day with such great style – dressing for her shape is more of a challenge than dressing for the average figure, because not all retailers stock the sizes she needs.

So, for me, her fashion skills are somewhat ahead of those of us who have more choice to define their style for a job in the fashion industry. Billie used to play rounders for England and is a squash enthusiast. She's also about to take up running and tennis with our #ELLEFit sessions, so she's a healthy, happy young woman who welcomes discussion about her shape. Her piece (p118) is a memoir about breaking the mould and I found it fascinating.

For the first time in society, I believe there is a genuine trend towards a more diverse range of shapes being held up as role models. What I think women want more than anything today is to be strong. They want their bodies to feel powerful and accepted, and that means a variety of figures are being welcomed as the norm. I hope my instinct is right. My belief is that this drive to be healthy now is not a drive to be slim, but more powerful and happier in our own bodies.

I feel we can all express our opinions about our bodies more freely, which is why I am overjoyed to have Ashley Graham star in this issue (p126) alongside cover star Ellie Goulding (p112) – who has used her love of running as a tool to make her more confident and cope better with the relentless physical stress of touring and performing.

Like many women in her position, she has to stay strong to do her job. She's a talented artist from a very normal background whose story and lifestyle today is an inspiration for women. And having enjoyed Ellie's company at the ELLE Style Awards, I know she isn't all work and no play – that's not what being fit is about.

The same goes for ELLE columnist Ruby Tandoh (p122). Ruby has had a complicated relationship with her body since overcoming an eating disorder. She tells the story of how she now runs with the enthusiasm of a child: no dreams of personal bests or marathons, just a delightful passion for being outside and discovering what her body can do. I think we all sometimes forget how wonderful our bodies are, how powerful they can be and how much control we have over that. This Body Issue is not devoted to exercise enthusiasts who push their bodies to the limit (I admire their can-do attitude, but they are rare beasts). It is devoted instead to normal women, like you, who want to feel a sense of peace and joy in their relationship with their bodies.

Lorraine

LORRAINE CANDY EDITOR-IN-CHIEF

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Victoria

WE NEED TO TALK ABOUT **YOU**

The chance to disappear has always been an attractive fantasy. It might be leaving all your clothes on a beach and resurfacing, with a fresh identity, on the other side of the world. Or it might be staying where you are but reinventing yourself entirely:

new wardrobe, new haircut, new friends, new behaviour, new you.

It used to feel more possible than it does now. Not the fake sea death – people always get caught for that, from the 1970s MP John Stonehouse (google the story if you don't know it, it's a good one) to that recent guy who feigned a canoeing accident and ran away to Panama while his wife collected the insurance money.

But the other version, the self-reinvention, used to seem doable. Going to a new school or college was a good time to try it, or when changing jobs.

You could throw off your NHS glasses, bleach your mousy hair, jettison your dowdy habits and tell new friends that you'd been dating, dancing and driving a convertible for *years*. Or go the other way, of course: dark henna rinse, fabulous tortoiseshell specs and a whole new red-hot bluestocking vibe! 'Geoffrey Chaucer? That's my *holiday reading*, love.'

But that was before the internet. These days, no duckling can fully reinvent herself as a swan because too many feathers have been left behind. The photos on friends' Instagrams, anecdotes on Facebook, misguided tweets... By the age of 16, you're already locked into an identity you can't leave behind. If you tried, a world of Sherlocks would track it down and accuse you (on top of whatever specifics you were actually trying to get away from) of being a fake.

It seems so unfair, when our true identities don't lie in that reductive collage of one-liners, pictures and 'groups joined' anyway. Reality is so much more complicated.

We are all of us both cool and uncool, clever and stupid, soft and tough, fat and thin, exciting and boring, sociable and friendless, stylish and ridiculous. To be followed around forever by the first poses you strike, pictures you take or labels you're stuck with seems cruel and oppressive.

So I rather like the Google 'right to be forgotten', where people can have their past selves erased and hidden from the internet, under EU law.

Problem is, most of us won't bother to do it – or will try but not succeed – while the corrupt and powerful in society will manipulate the rules to squash information we'd actually benefit from knowing.

'The fantasy of wiping the slate clean existed long before the internet, and exists with or without it'

But even if the law is used for bad ends, it will still train us to remember that an internet search can't reveal anyone's true self. Deliberately manipulated or not, the information available online can only add up to a false or partial picture – and that applies to everyone, not just you.

It's fun to type the names of new colleagues, neighbours or boyfriends into search engines to see what we can dig up – but beware assuming that we therefore 'know them'. We don't. It's hard enough to 'know' a person if you live with them for 20 years, never mind google them for 20 minutes.

How many romances, friendships and working relationships have actually been damaged by half-assed online detective work? More than have been helped, I'll bet.

But let's also remember that the fantasy of wiping the slate clean existed long before the internet, and exists with or without it.

For example, I would like to erase from history the time I fell over running for a bus in front of 15 cool girls from school; a particular New Year's Eve snog from the 1990s; a damp and bitter lemon tart I served at a dinner party where Nigella was one of the guests (though she was awfully nice about it); a horrid thing I once said to my mum during a row; a truly hideous gold top I wore to a party and the unforgivable dance moves I executed wearing it; and (perhaps worst of all) the time I got an elderly carpenter round to jemmy open a stuck chest of drawers, remembering too late – when I saw the ashen look on his face – that one of the drawers contained two vibrators and a nurse's uniform.

There is no pictorial evidence of these occasions online, thank God, but they all exist forever in the memories of people who were there. And even if those people have forgotten (as I fervently hope), they are in *my* mind. They're part of who I am. Gahhhh! I don't want them to be!

So, if you don't manage to get your past deleted from the internet, take heart. Nothing much has really changed. The worldwide web is a terrifyingly vast and accessible library of 'information', but it's only a question of scale. You and your embarrassing mistakes could never be truly erased anyway. All you can do is bear that in mind, next time you're about to order a fourth gin and tonic and cut loose...

HAVE YOUR SAY What do you think about Victoria's column? Tweet us @ELLEUK

Photography: Stephanie Sian Smith.


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#HOROSCOPE

discover your destiny & your month ahead

Forecast: The Saturn Sisters
Stefanie Iris Weiss
and **Sherene Schostak**
It's your birthday, Gemini!



GEMINI

22 MAY-21 JUNE

Your month to: Sit tight
Happy birthday, Gemini! The first 10 days of June may be like Groundhog Day, but hang in there; the fog lifts by mid-month and the fun begins. On the 16th, an exhilarating new moon in your sign brings the best news you've heard in months. Use this opportunity to shape your six-month strategy for world domination – on both personal and professional fronts.
Date for your diary: 22nd
You're a financial guru today; go get what's yours.

READ IT
To find out what your stars hold every day, check out elleuk.com/daily

CANCER

22 JUNE-22 JULY

Your month to: Let it go
You're doing some serious mental prep early this month. Focus on your mind-body connection: try yoga or mediation to destress. Your psyche undergoes a cleanse during the first two weeks of June. By the time the solstice arrives on the 21st, you'll be summer ready.
Date for your diary: 24th
You're poised to kick ass at that big meeting.

LEO

23 JULY-23 AUGUST

Your month to: Aim sky high
Creative opportunities take off near the full moon on the 2nd – and romantic prospects aren't bad either. But June's big news comes courtesy of your social networks. After the 11th, tap those connections; making your way up the ladder requires an unconventional approach. After the 21st, your dreams are enlightening; keep a notepad by your bed and write everything down.
Date for your diary: 20th
Your ego could be out of control today – just go with it.

VIRGO

24 AUGUST-23 SEPTEMBER

Your month to: Be a boss
Your professional prospects are excellent this month, Virgo. If old business contacts resurfaced in recent weeks and you're itching to pursue emerging opportunities, try to wait until after the 11th to connect with them. On the 16th, a positive new moon helps you to reassess your approach and explore new creative possibilities (think collaboration).
Date for your diary: 29th
Sex and romance meet – put on pretty knickers.

LIBRA

24 SEPTEMBER-23 OCTOBER

Your month to: Break away
Travel plans might be delayed at the beginning of the month. If you're not able to get away, escape in other ways. Maybe it's time to learn a new skill. On the 16th, the new moon brings an opportunity for a romantic getaway – even a short distance will do.
Date for your diary: 10th
Your usual diplomatic attitude is on pause today.

SCORPIO

24 OCTOBER-22 NOVEMBER

Your month to: Be peaceful
Exes could unexpectedly turn up during the first few days of the month – in person and online. It may be tempting to rekindle, but by mid-month you'll know what's best for you. Near the new moon on the 16th, define your desires, then follow your libido.
Date for your diary: 14th
Prepare for battle.

SAGITTARIUS

23 NOVEMBER-22 DECEMBER

Your month to: Master love
An all-consuming full moon lands in your sign on the 2nd, empowering you to take control. Partnerships are in sharp focus at the beginning of the month, but the new moon on the 16th presents an opportunity to set realistic relationship goals.
Date for your diary: 1st
Spa day. Enough said.

CAPRICORN

23 DECEMBER-20 JANUARY

Your month to: Rebrand
Aim for a major productivity push until the 11th, then bide your time until after the new moon on the 16th to launch your business proposal, reveal a redesigned site or put out a press release. After the solstice, you'll be entirely focused on relationships. Work, what work?
Date for your diary: 7th
Shop for your summer wardrobe today.

AQUARIUS

21 JANUARY-19 FEBRUARY

Your month to: Date
There is so much romantic potential in the air right now. The full moon opens the month on a social note, so make plans with friends for the 2nd, especially if you're single. The quest for love is likely to be confusing until after the 11th. By the new moon on the 16th, it's time to set your romantic intentions.
Date for your diary: 19th
Relationships need attention.

PISCES

20 FEBRUARY-20 MARCH

Your month to: Call home
There's a lot happening on the home front this June, especially at the beginning of the month, so it could be quite challenging. Communication with loved ones is strained, so aim for complete clarity and avoid conversations over text whenever possible. All is far smoother by the new moon on the 16th; let the healing begin.
Date for your diary: 12th
Indulge your daydreams.

ARIES

21 MARCH-20 APRIL

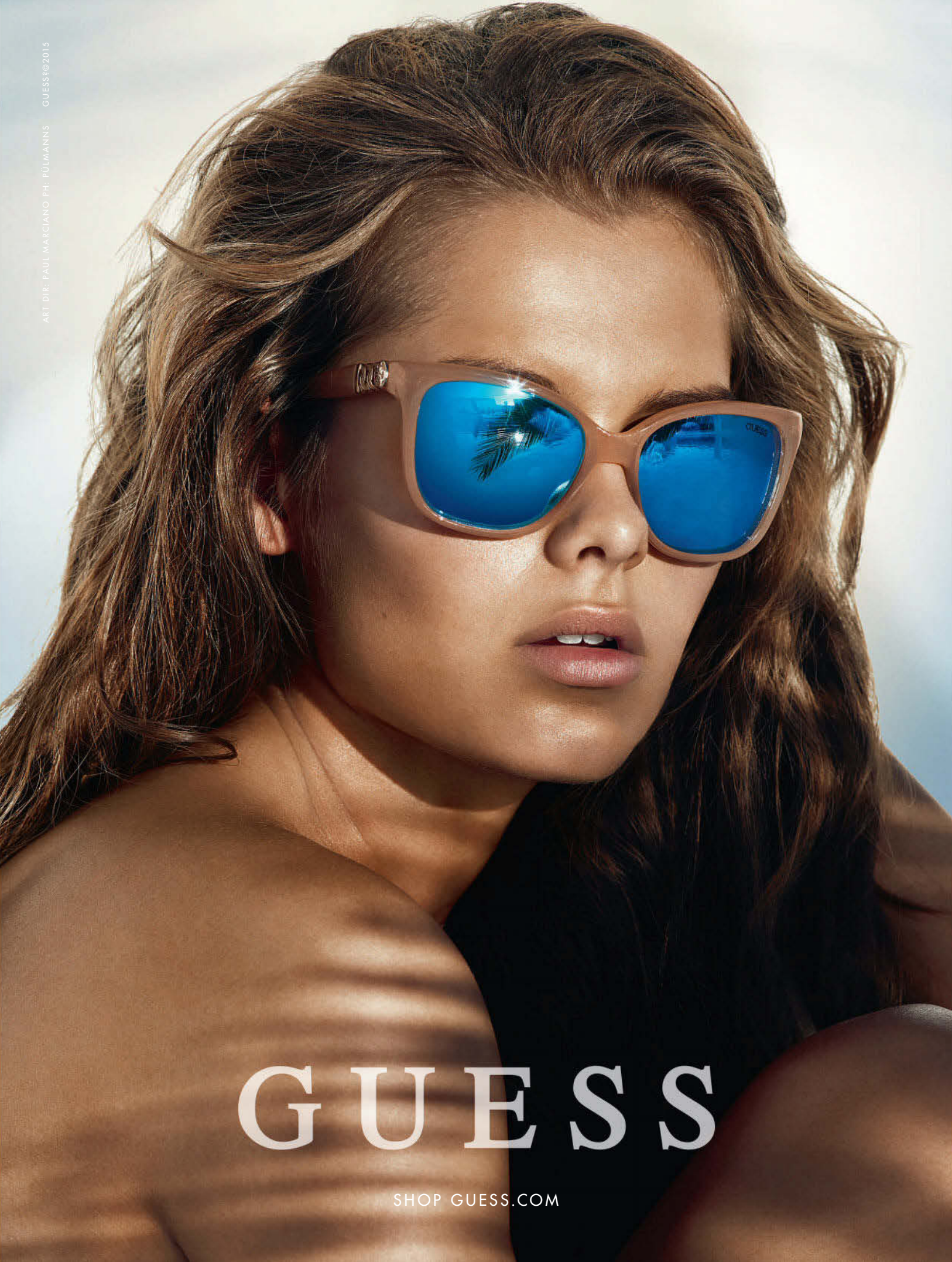
Your month to: Be a hedonist
Don't expect to get much done on the career front until the 11th, but do expect your taste for adventure to dominate. On the 2nd, the full moon fills you with wanderlust, prompting you to book a holiday. After the 5th, sharpen your wit; this month was made for flirting.
Date for your diary: 28th
Showcase your intellect.

TAURUS

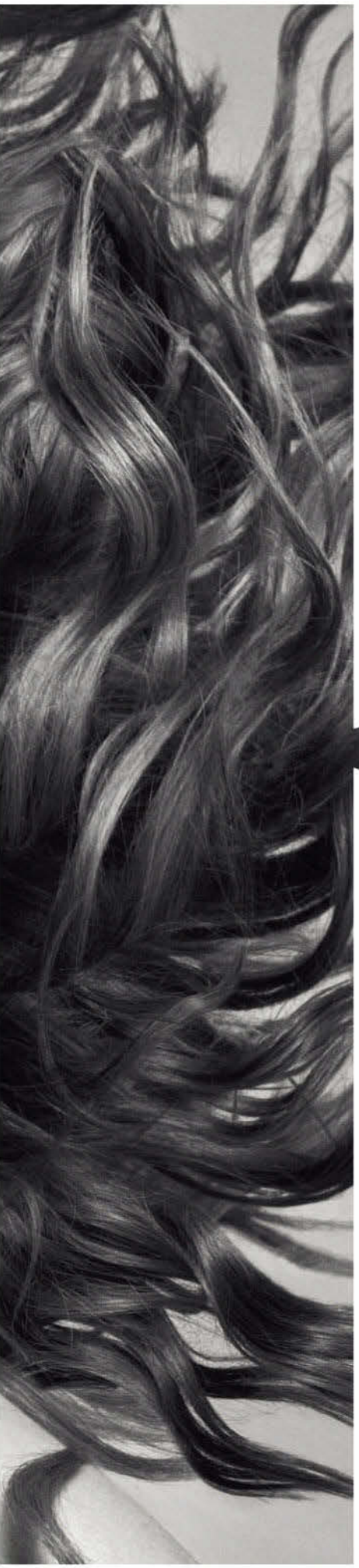
21 APRIL-21 MAY

Your month to: Cash in
If money has been a source of stress lately, stop worrying as certainty returns after the 11th. Career and good communication are the two themes this June, so state your goals plainly. The new moon on the 16th brings an opportunity to craft a financial wish list – one that you can soon turn into cold, hard cash.
Date for your diary: 6th
It's commitment time.

Photography: Jason Lloyd-Evans.


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WOMAN OF THE MONTH

LYNSEY ADDARIO



Lynsey Addario, 41, is a photojournalist for publications including *Time* and *National Geographic*, capturing conflicts in Iraq, Darfur and Haiti. In 2011, she and three male journalists were captured in Libya. She currently lives in London with her husband Paul and son Lucas, three.

I never set out to be a photojournalist. It happened gradually. Growing up in the US, I knew I wanted to travel.

My parents taught me to be non-judgemental. For any journalist, it's important to not go into a situation with any prejudices.

Being a woman has made my job easier; people underestimate you. I've had access to women in a way my male counterparts haven't. I also think [it's why] I've been spared in life-threatening situations.

I work out obsessively. It's like meditation; a time where I can process things. I even went to the gym three days before I gave birth.

The most rewarding part of my job is educating people. For years, I felt like we kept seeing a limited view of women in Afghanistan: the blue burqa. I tried to change this by focusing on women working: women in parliament, actresses, female boxers. As journalists, we often focus on conflict or breaking news, and readers aren't presented with a full picture of daily life.

My job can be lonely. For years, I didn't have a personal life – I watched my friends get married and have kids while my relationships fell apart. I'm close to my family and didn't see them very often, which was very hard.

On the morning I was taken captive in Libya [Lynsey and three of her *New York Times* colleagues were held hostage at a checkpoint and released six days later], I woke up, took a bath and painted my toenails while listening to Adele's *21* album. I had this great relaxing morning – then went and got kidnapped. The songs were stuck in my head, so I sang them to myself. They got me through not knowing if I'd live.

I've met some incredible women through my work. They are so resilient and inspiring, especially those who have nothing and continue to be strong.

Professionally, I never feel fulfilled or satisfied [...] I'm constantly striving to be better.



#ELLIEFIT

Ellie Goulding

THE COVER BY NUMBERS

9.30am start time



1.30pm lunch is served (roasted vegetables, lots of salads and stuffed tomatoes)



6 suitcases filled with looks by Dior, Jonathan Saunders and Acne Studios







50 pairs of sunglasses by Miu Miu, Prada and Thierry Lasry





8 tins of paint used to decorate the set

20 pairs of shoes, by the likes of Acne Studios and Dior





1 bottle of Charlotte Tilbury Supermodel Body, £45, used to give Ellie a healthy glow

3 pre-workout stretches done for the behind-the-scenes video



16 people on the shoot



6pm finish time

THE COVER-SHOOT PLAYLIST

Dark Horse by Katy Perry feat Juicy J
Daffodils by Mark Ronson feat Kevin Parker
Know Yourself by Drake

HEAR IT To listen to the songs from the shoot, follow ELLEUK on Spotify

Turn to p112 to read our exclusive interview with Ellie

Compiled by: Claire Sibbick. Photography: Getty Images, Jason Lloyd-Evans, Anthea Simms, Nichole Sobecki.


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WHAT IS PRE-FALL?

*All you need to know about fashion's 'new' season, why the editors love to shop it and the **six trends** to buy into*

WHAT IS PRE-FALL?
It is the term given to the mid-season collections that land in store at the end of May and stay on the rails until December. While the mainline trends move at warp speed, the pre-fall collections represent stylish staples that *always* work, no matter the season.

WHAT'S SO GREAT ABOUT PRE-FALL?
Think of these collections as more accessible; your favourite designers' DNA made simple, so more shoppable and easy-to-wear.

IS THERE A DIFFERENCE IN PRICE?
Yes, a pre-fall piece can be as much as half the price of its ready-to-wear, or mainline, sister. Nearly all designers (and now some high-street retailers) have this long-lasting line.

WHY DO PRE-FALL PIECES STAY IN THE SHOPS FOR SO LONG?
Often designers start with the germ of an idea for pre-fall before they get their teeth into the more extreme version for their mainline collections – so you'll be sporting the trend (in easy-to-wear form) before it even hits the catwalk. And, because it's not shouty fashion, it won't date as quickly. Pre-fall pieces can be kept forever.

DOES THE HIGH STREET MAKE PRE-FALL?
Yes. Topshop, Karen Millen, Whistles, Warehouse, Miss Selfridge, River Island and Dorothy Perkins are all now making pre-fall ranges that drop into stores from the beginning of June.

WHICH PRE-FALL PIECES ARE GOOD TO BUY?
Think of pre-fall as super-useful, well-priced pieces. Go for lighter-weight fabrics to wear now (and layer up for winter), which will stand the test of time and work with the rest of your wardrobe. Namely: chunky knits, oversized coats and romantic blouses. Turn for our edit of the best. ›

Words **Rebecca Lowthorpe**
Styling **Charlie Gowans-Eglinton and Donna Wallace**





FIRST look



Leather bag, £1,560, Fendi

Wool-mix jumper, £25, River Island



Wool jumper, £265, Vanessa Bruno Athé

1

Striking knits

Just make sure it looks original, unexpected and loaded with texture



Faux-leather shoes, £595, Stella McCartney



BLACK AND WHITE

The monochrome palette is simple to follow and easy to wear.

The trend: Going forward, extraordinary knits are huge, literally and metaphorically. We've chosen pieces that reveal a good deal of shoulder for this time of year.
Buy now, wear now: With a thick-tread sandal.
How to wear it for winter: Layer up and throw on equally chunky-soled boots.





Wool skirt, £245, Joseph



Wool-mix dress, £55, River Island



Viscose-mix top, £35, Miss Selfridge



Leather sandals, £455, Sportmax



Wool trousers, £215, Marc Cain

TIP: One knockout piece per look is all you need. Plus equally impressive shoes.

Photography: 3 Objectives.

TIP: Baker-boy cap, neck tie and long socks at Miu Miu. Tick.





Faux-leather bag, £38, Topshop

2 Vintage dress

It's all in the styling. Retro prints are back, and they're here to stay

The trend: Everything is becoming more individualistic next winter; these dresses hint at the vintagey looks to come.
Buy now, wear now: With knee-high boots or long socks and Mary Janes.
How to wear it for winter: Throw over a big masculine coat and pull on super-long over-the-knee boots. ›

Cotton and silk dress, £265, Isabel Marant Étoile

Silk dress, £325, MiH Jeans

Silk-georgette dress, £225, Topshop Unique

Silk dress, £370, Rag & Bone

Leather bag, £99, Karen Millen

Suede and leather boots, £965, Sonia Rykiel

Silk scarf, £73, Amélie Pichard



TIP: Stay within the spice-rack palette range (like Chloé, left).

Wool top, £20, Dorothy Perkins

Leather boots, £760, Givenchy by Riccardo Tisci

3

Coated cotton coat, £500, Paul & Joe

Camel craze

From coffee to toffee, the classic neutrals feel right again

The trend: Not that surprising when you consider how versatile camel is, with bold stripes or black and white. It's the hit colour of the year.
Buy now, wear now: With fresh white accessories or snakeskin prints.
How to wear it for winter: Matchy-matchy with toffee, caramel etc. Just add block prints.



Leather bag, £1,580, Givenchy by Riccardo Tisci

Leather sandals, £320, Tibi

Printed faux-leather shoes, £34, Next

Silk jumpsuit, £560, Equipment

Leather bag, £700, 3.1 Phillip Lim

Leather bag, £230, Karen Millen

Suede boots, £375, Diesel Black Gold



Viscose shirt, £125, French Connection

Viscose-mix shirt, £130, Laurence Doligé

Cotton-mix shirt, £35, Marks & Spencer

The trend: Pretty blouses, especially with high necks, are going to be *the* piece for autumn/winter 2015, so get your pre-fall one now.
Buy now, wear now: With lean shorts (possibly leather) or slim jeans, and fringed accessories.
How to wear it for winter: With a big, full skirt and knee-high boots. ›



Leather boots, £560, See by Chloé

THE BUCKET BAG
Still going strong, it's the bag equivalent of the soft blouse.

Leather bag, £430, Polo Ralph Lauren

4 Romantic blouse

A sure-fire way to soften up your modern bohemian look

Silk-chiffon shirt, £125, MaxStudio

Cotton shirt, £90, Mes Demoiselles

Silk shirt, £225, Rebecca Taylor

TIP: You don't want to look too twee, so wear these with tough, fringed boots.

Photography: 3 Objectives.

FIRST look

TIP: Do wear with a colour-blocked bag in complementary shades.



Leather bag, £540, Carven



Shearling coat, £895, Topshop Unique



Faux-fur coat, £89, Miss Selfridge



Shearling coat, £1,615, Essentiel

5 Mammoth coat

Frankly, the fuzzier the better, in faux-fur or shearling



SACAI LUCK

The trend: Big texture is here to stay, says everyone from Burberry Prorsum to Stella McCartney. It's a huge trend for 2015. Wily shoppers buy into the look, pronto.
Buy now, wear now: Thanks to our temperamental weather, these will work now shrugged over a vintagey print dress and ankle boots.
How to wear for winter: Add tights and over-the-knee boots.



Mohair coat, £1,210, Asli Polat



Leather bag, £990, Miu Miu



CHLOÉ



Leather sandals, £130, Topshop Unique





The new length

Prepare your shins to shine – they're the focal point of the new proportion



Leather bag, £850, Christopher Kane







Leather sandals, £540, Proenza Schouler



Cotton-mix top, £22, Dorothy Perkins

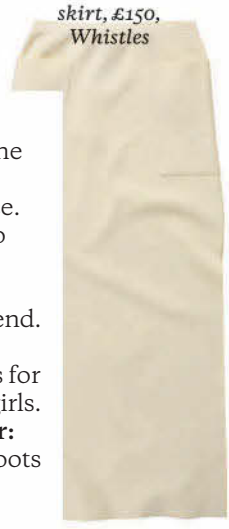
Cotton-mix trousers, £18, Dorothy Perkins





Viscose-mix jumper, £65, Whistles

Viscose-mix skirt, £150, Whistles





Wool dress, £225, Joseph



Leather bag, £125, Topshop Unique



Leather boots, £765, Valentino Garavani

The trend: These are the rules: skirts are long, to the shin; trouser hems come cropped to the same place. The important thing is to leave a slice of bare skin between hem and shoe – where ankle socks would end.
Buy now, wear now: With bare legs and mules for height, or trainers for tall girls.
How to wear it for winter: With second-skin sock-boots that clasp at the ankle.

TIP: The new length frames the feet: now's the time to invest in statement footwear.

Photography: 3 Objectives. For shopping details, see Address Book.



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Styling **Donna Wallace** Photography **Luke J Albert**



ADD TO BASKET

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Wood-mix bag, £4,600, Dolce & Gabbana

For shopping details, see Address Book.

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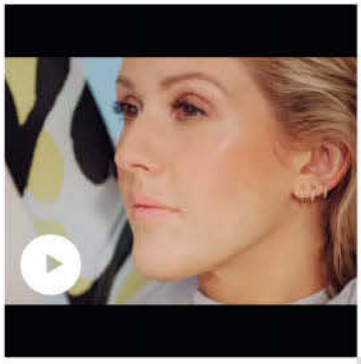
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Photography: Victoria Adamson, Instagram/victoriabeckham, Jamie Bevan, Luke Kirwan, Silvia Olsen, Lee Robbins, Adam Whitehead.

Styling **Harriet Stewart**

HOW TO WEAR Coloured leather

Don't be afraid to stand out. The future's bright with leather and suede in bold shades

New to wearing colour? Start with one bold piece and wear with this season's grown-up denim



Suede jacket, £349, Hobbs. Cotton bralet, £90, Bimba Y Lola. Denim jeans, £40, Topshop. Resin earrings, £280, Marni. Gold necklace, £150, Effra. Leather bag, £530, Meli Melo

Introduce a second block colour with your bag. Think clash, not match

Photography: Robert Harper.

Leather trousers, £850, Bimba Y Lola. Denim shirt, £89, Cos. Faux-leather sandals, £22, Next. Leather bag, £840, Marni. Gold ring, £150, Effra. Gold necklace (just seen), as before

HOW TO WEAR Coloured leather

Patchwork is the newest way to wear leather. Keep the look clean with minimal jewellery

Photography: Robert Harper. Hair: Jay Zhang using Unite. Make-up: Carolyn Gallyer at CLM Hair & Make Up using Bobbi Brown. Manicure: Jessica Thompson using Essie. Model: Frederikke at Established Models. For shopping details, see Address Book.

EDITOR'S FAVOURITES



Leather bag, £470, Rag & Bone



Leather jacket, £730, Longchamp



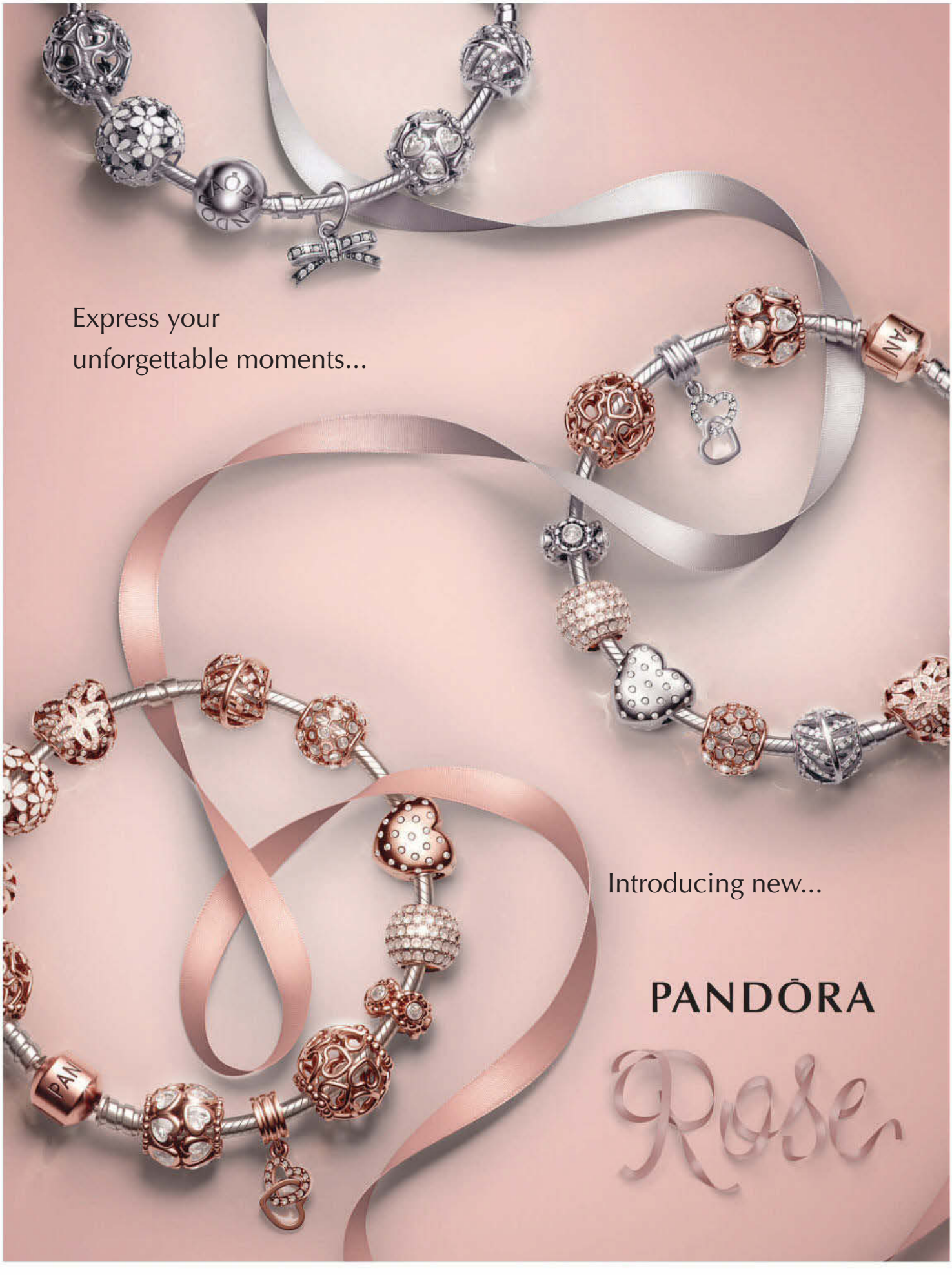
Leather sandals, £59, Dune



Leather jacket, £550, 2nd Day



Faux-leather jacket, £65, Simply Be



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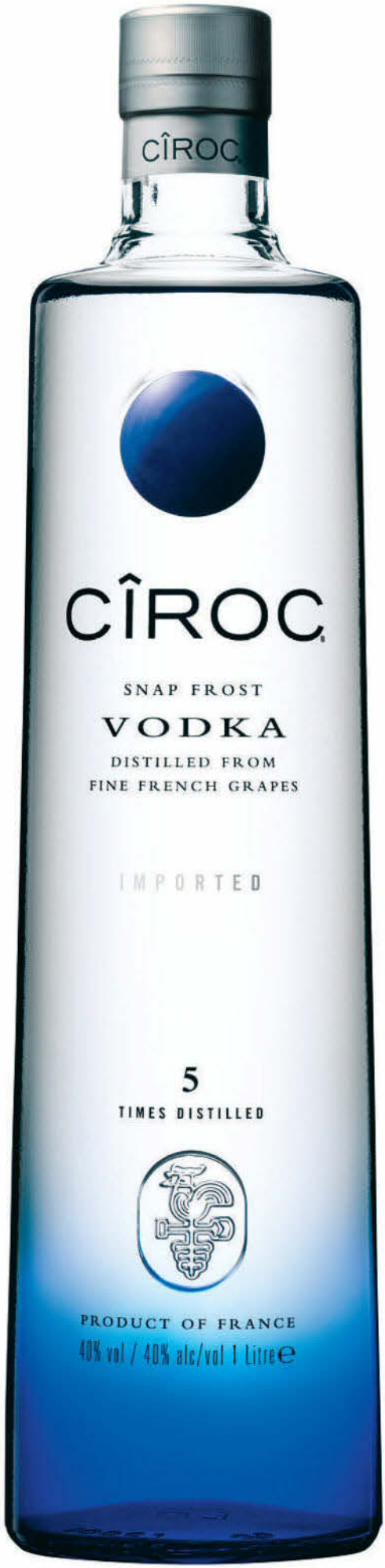


On Arrival

Mayana Moura & Helena Bordon
for Cîroc Vodka—Rio de Janeiro



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#ELLEFASHIONCUPBOARD

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SOPHIE BERESINER
BEAUTY DIRECTOR

Silk dress, £635, **Peter Pilotto at Matches Fashion**. *Leather shoes, £295,* **L.K.Bennett**

'A floaty shirt dress with a collar and crazy print is my uplifting dress holy grail.'

'I love the easy femininity of this dress. It's light and airy: throw on and go. Instant pretty.'



MIETTE L. JOHNSON
ART DIRECTOR

Silk dress, £515, **Paul & Joe**. *Leather belt, £29.50,* **Banana Republic**. **Aldo** *shoes and* **Freedom at Topshop** *ring and bracelet, all Miette's own*

FROM THE ELLE FASHION CUPBOARD

THE TREND IS: **SUMMER DRESSES**

The sun is shining (probably) so we're wearing the best warm-weather dresses in beautiful prints and bright colours



'The bold green and orange print-on-print with the bomber jacket pays tribute to a 1970s summer.'



MICHELLE DUGUID
SENIOR FASHION EDITOR

Viscose jacket, £470, and matching dress, £535, both **Preen Line**. *Suede shoes, £243,* **Chloé at The Outnet**

'I love the fresh print and tea-dress style of this – it definitely says summer to me.'



ANNE-MARIE CURTIS
FASHION DIRECTOR

Silk-georgette dress, £1,640, **Gucci at Matches Fashion.** *Leather and wood sandals, £695,* **Charlotte Olympia**

'If floral prints aren't your summer thing, this suede dress is a subtle way to embrace the Seventies boho trend.'



HARRIET STEWART
MARKET & RETAIL EDITOR

Suede dress, £109, **Zara.** *Leather sandals, £225,* **Ancient Greek Sandals.** *Metal necklace, £170,* **Baar & Bass.** *Ring, Harriet's own*

'A dress with a full skirt is my hot-weather go-to. I love this classic shape and colour combo.'



PHEBE HUNNICUTT
DIGITAL DIRECTOR

Cotton-mix dress, £39.99, **New Look.** *Suede sandals, £475,* **Jimmy Choo**



JAYNE ELLIS
ASSOCIATE PUBLISHER

Silk and cotton dress, £395, **L.K.Bennett.** **Asos** *sandals and jewellery, all Jayne's own*



'The length of this dress is very flattering. It's office-appropriate, but still cool enough for summer.'



ELLE **STYLE IT** From the Editor-in-Chief to the interns, find out what Team ELLE wears to the office every week at elleuk.com/street-style

Compiled by: Billie Bhatia. Main photography: Victoria Adamson. Additional photography: Cleo Glover. Hair: Fabio Nogueira at Frank Agency using Ojon. Make-up: Laurey Simmons using Chanel S 2015 and Chanel Body Excellence. Manicures: Jessica Thompson using Essie. For shopping details, see Address Book.

Fiat with EXPO MILANO 2015

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No more arguments in the car. The Uconnect™ RadioNav LIVE 5" touchscreen* in the new Fiat 500X does the map reading and plays the music playlist you both enjoy. And it keeps your smartphones connected with hands free Bluetooth, reads the news to you and links to your social media sites. So you can see who's commented about your latest road trip. It'll also find you a local restaurant. Or a hotel. The radio is dead. Long live Uconnect.

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Fuel consumption figures for Fiat 500X range, available at launch in mpg (l/100km): Urban 36.2 (7.8) – 60.1 (4.7); Extra Urban 56.5 (5.0) – 74.3 (3.8); Combined 47.1 (6.0) – 68.9 (4.1). CO_2 emissions 144 - 109 g/km. Fuel consumption and CO_2 figures based on standard EU tests for comparative purposes and may not reflect real driving results. Model shown Fiat 500X Cross Plus.
*Uconnect™ LIVE systems, where available, require a data enabled smartphone to use.



Photography: Marcin Tyszka, Instagram/anja_rubik.

MODEL OF THE ISSUE

ANJA RUBIK

Model. Magazine editor Perfume-maker. Anja Rubik is a fashion-world maverick – and the face of our pre-fall collections shoot on p138. She gives us a glimpse into her world

Interview **Leisa Millar**

You've been modelling since 2000. What's been the biggest change that you've seen in that time?
Social media has changed the whole industry. Models suddenly have a voice; they can express themselves and show their personalities, which is amazing. Also, everything is much faster. When I started, it was just two seasons, there were fewer shows and there were fewer girls. Now, you see them coming and going. The fashion world was a bit closed. Now, it's open for new people.

READ IT Meet more ELLE faces at elleuk.com/tags/models-of-the-issue

Q&A

Who are your closest friends?
I feel a deep connection to Isabeli [Fontana] – I met her for the first time when we were both 14 years old. We still see each other regularly, so it's nice. I feel very sentimental about it. I've also built friendships with designers, photographers and make-up artists. There's Peter Dundas – he designed my wedding dress – and Clare [Waight-Keller], Creative Director at Chloé, made a very big impression on me. I think that might grow into something quite beautiful – maybe a collaboration.

Cutting your hair marked a turning point in your career. How did that come about?
I was always a huge fan of Linda Evangelista. I loved her with short hair, and I wanted to give it a go. For a girl [who's not in the industry], you go to the hairdresser and that's that, but when you're a model, you have all these contracts [that forbid it]. It turned into a fight for freedom. I knew I was going to work with Christiaan Houtenbos [on a Chloé campaign]; we sold it to the whole team and chopped my hair off that day. It was quite risky for my career, but I really loved it. I think I'm going to go back to short hair soon.

What's been your biggest beauty disaster?
I was going to the Met Ball, wearing a very colourful Emilio Pucci dress. I was really tanned because I'd just come back from a shoot in Miami and I had short, bleached hair. Plus, I had decided that purple eyeliner would go *really* well. I looked as if I'd jumped out of a cheesy Miami Beach party.

What has been the moment where you've thought: 'Wow, I've really made it!'?
It was probably Tom Ford's comeback show in New York [in September 2010]. He had just three or four models walking for him, alongside women who inspire him. In front of me was Julianne Moore and behind me Lauren Hutton, and the next woman over was Karen Elson, then you had Beyoncé. It was very special.

Where do you call home these days?
I guess it's New York, but I've been gravitating towards Europe more and more. I'm currently in Majorca, where I have a house. New York is very business-focused, and I felt I needed a break from that. My husband [fellow model Sasha Knezevic] always laughs and says slow is the new fast. So that's what I'm trying to do – take it slowly.

What's the best advice you've ever been given?
'Don't let your ego get in the way.' I think ego is the source of all misunderstanding.

Who would play you in a film about your life?
Maybe a young Uma Thurman. Physically, she's tall and blonde. But I also love her as an actress and I think she would do a good job.

Where do you hope to be in 10 years' time?
I actually asked Karl Lagerfeld the same question once and he said, 'Don't ask me that – in 10 years I'll probably be dead.' You never know what the future will bring; I try to stay in the moment.
Read about Anja's new fragrance, Original By Anja Rubik, on p191



Anja with her husband Sasha

DONNA'S DETAILS

Quirky shades, gladiators 2.0... There's plenty to smile about this season, says Accessories Editor Donna Wallace

1 SUNNY SHADES



From top: Acetate sunglasses, £245, Erdem by Linda Farrow Gallery; Acetate sunglasses, £299, Marc Jacobs.



GLORIOUS TECHNICOLOR
Decent (ie non-bonkers looking) coloured shades used to be slim pickings. Now, not so. Refined and reworked, these bright frames emit louche nonchalance rather than outright demanding your attention.





Below: Acetate sunglasses, £190, Karen Walker. Denim shirt, £38, River Island

Above: Acetate sunglasses, £180, Jonathan Saunders. Denim waistcoat, £180, Levi's. Above right: Acetate and metal sunglasses, £245, Fendi

2 GLADIATORS 2.0



Donna wears: Leather sandals, £945, Nicholas Kirkwood for Erdem. Denim waistcoat, as before. Top, shorts and necklace, all Donna's own



Faux-leather sandals, £34, Next



Leather sandals, £100, Aldo



Leather sandals, £260, Ancient Greek Sandals

GLADIATOR, READY
Rather appropriately named, gladiator sandals take no prisoners. It's all about the legs – and there's nowhere to hide. But this season's come adorned with jewels, sea creatures and leaves, making them pretty hard to resist.



Leather-mix sandals, £1,180, Valentino Garavani



Embellished leather sandals, £1,530, Fendi

3 BAGS OF JOY





Right: Leather bag, £900, Meli Melo. Far right: Leather-mix bag, £690, Meli Melo. All clothing, as before

LABEL I LOVE
Meli Melo has captured all your dreamiest summers in bag form. When I look at the tie-dye alone, I see filter-free sunsets, while the prints and faux-fur are like your best festival ever. It's a lot to pin on a bag, but hey, I'll run with it.





Far left: Leather-mix bag, £950, Meli Melo. Left: leather bag, £690, Meli Melo. All clothing, as before

STYLE IT
For more of Donna's new-season picks, go to elleuk.com/fashion

Words and styling: Donna Wallace. Photography: 3 Objectives, Victoria Adamson. For shopping details, see Address Book.



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PROFESSIONAL. AT YOUR FINGERTIPS.

Yes, you can do ***leather in summer***, just make it bright. Jumper essential – it is Britain, after all. Get these pre-fall heroes now



IN STORE

TODAY

WHISTLES
Viscose jumper, £160



IN STORE

TODAY

TOPSHOP
Leather skirt, £185

SHOP IT
See what else is on the high street this week at elleuk.com/fashion

SCAN WITH layar **SCAN IT • SEE IT**
Hold your phone over this symbol for a 360° view

For shopping details, see Address Book.

Styling **Harriet Stewart** Photography **Luke Kirwan**









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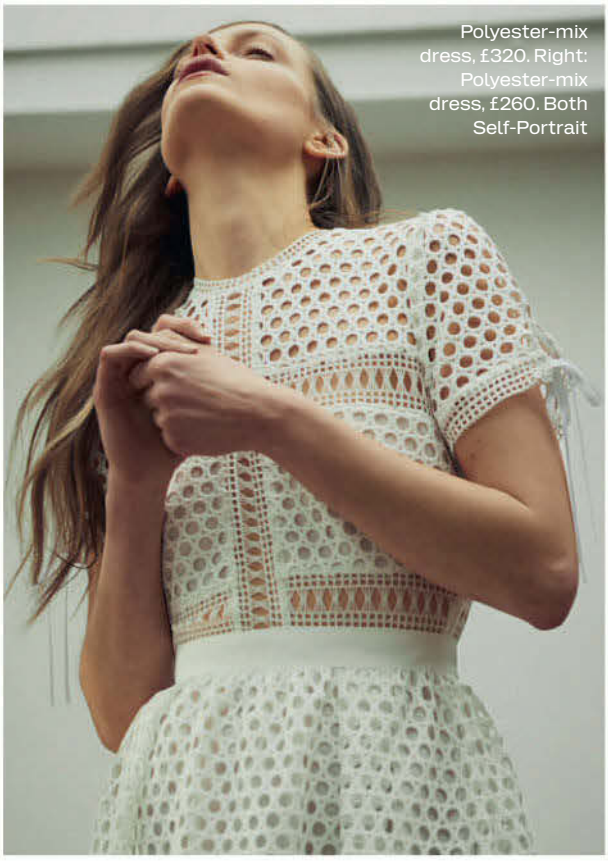
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Polyester-mix dress, £320. Right: Polyester-mix dress, £260. Both Self-Portrait



Picture perfect

MEET THE FOUNDER OF SELF-PORTRAIT – A LABEL WITH SERIOUS HANGER APPEAL



Self-Portrait founder Han Chong

'All my friends are the same age as me and they're not multimillionaires, but they still want to wear great clothes,' says 35-year-old Malaysia-born, London-based designer Han Chong. 'Designer pieces are amazing but they can only afford to buy one a year.' Which is precisely why he started Self-Portrait in 2013. Nestled in the sweet spot between high street and designer, it's currently doing a roaring trade thanks to Chong's knack for designing just-cool-enough grown-up dresses with luxury levels of detailing at accessible prices.

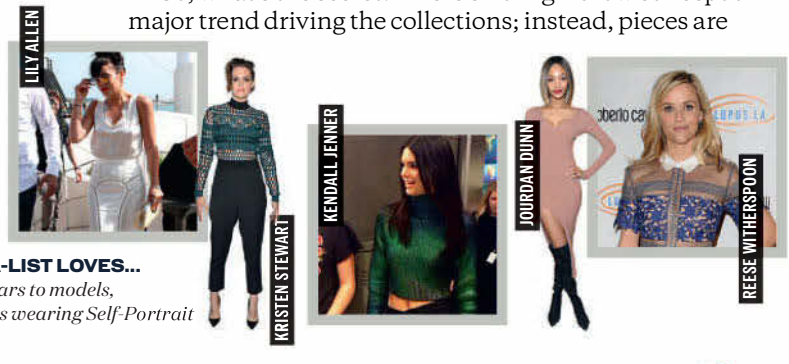
It's a winning formula – the first collection sold out on Net-a-Porter in three days and Selfridges has been selling 100 Self-Portrait dresses a week since the brand hit its shop floor in August 2014.

So, what's the secret? There's no high-brow concept or major trend driving the collections; instead, pieces are designed with women and their real lives in mind. 'I'm not concerned with trying to show how clever or how talented I am,' says Chong. 'I just want to design clothes that women love.' That means listening to what they have to say. He takes note when his fitting models say that they need to be able to wear a bra with their dresses, and he's mindful of catering for weddings in summer (the label is fast becoming the go-to for stylish bridesmaid dresses) as well as parties in winter.

Chong moved to London in 2003, a budding designer fed up with the lack of career prospects in Malaysia. Struggling to get a job, he took his portfolio to Central Saint Martins for advice and was enrolled on the BA Fashion course. Stints at various small companies followed graduation, but it was his time at Topshop that really made an impact; he loved having the ability to track women's reactions to his designs on such a huge scale. Inspired, he teamed up with a manufacturer in 2011 to launch Three Floor, the high-octane, fast-fashion label but, frustrated by the direction his partners wanted to take, he decided to start again from scratch. And so Self-Portrait was born.

With no budget for advertising, the label has relied on social media and blogger support to gain traction, along with good old-fashioned hanger appeal. It helps that the A-list are as enamoured with the label as the rest of us: Reese Witherspoon, Jourdan Dunn and Kendall Jenner are fans. Moving forward, the plan is to add more knitwear, along with some jewellery collaborations, and to expand his team of six. Right now, though, Chong is just trying to take success in his stride. 'It's surreal,' he says. 'We thought we'd start small and see what happened.'

Self-Portrait is available at Selfridges, net-a-porter.com and asos.com; prices from £150 to £320



THE A-LIST LOVES...
From pop stars to models, everyone is wearing Self-Portrait

Words: Emma Sells. Photography: Getty Images, @Instagram/mrselfportrait. For shopping details, see Address Book.

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THE TREND



Cotton shirt dress, £184, **Mr. Start Woman**. Satin trousers, £432, **Christopher Shannon**



Cotton jumper, £270, and denim skirt, £297, both **Christopher Shannon**

BOYS *who like girls*

Meet the menswear designers whose womenswear we love

Words **Emma Sells**



Wool jumper, £445, **Christopher Shannon**. Cotton shirt, £135, and wool and silk trousers, £415, both **E. Tautz**

We'll let you in on a secret: the menswear collections have long been a source of really great clothes for stylish women in the know. They were snapping up pieces by the likes of J.W.Anderson, Christopher Raeburn, Neil Barrett and Hedi Slimane long before the designers themselves had women in mind as their customers. Why? Because their collections are a hotbed of straightforward, reinvented classic shapes and forensic levels of attention to detail.

If you want to get in on the act, simply look to the London menswear labels channelling their boyish vibe into endlessly wearable women's pieces.

Patrick Grant at E. Tautz, inspired by the style of his designer girlfriend Katie Hillier, has tweaked his elegant tailoring into relaxed, androgynous pieces you'll want to wear every day. Meanwhile, Christopher Shannon has kept his subversive, sporty approach and thrown in some ruffles for good measure to conjure a super-cool girl with a kick-ass attitude. And Philip Start of Mr. Start Woman has translated the classic men's shirt and suit into your go-to working wardrobe. Man up and get involved.

SHOP IT ELLE edits the best menswear-inspired buys at elleuk.com/fashion

Photography: Neil Watson. For shopping details, see Address Book.

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See our best festival moments at elleuk.com/now-trending

FESTIVALS WITH A VIEW

It's not all about the bass. Breathtaking ***scenery*** *is the headline act at these alternative* ***summer experiences***



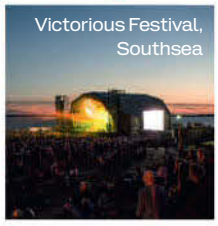
1. FESTIVAL No.6

The postcard-perfect Welsh village of Portmeirion – flanked by mountains, forests and sea – is the setting for a weekend of remarkable performances: musical, literary and theatrical. Grace Jones and Belle and Sebastian lead the line-up, along with the Ted Hughes Award-winning spoken-word artist and poet Kate Tempest. Immerse yourself in a culture-stuffed dreamscape. *3-6 September 2015, festivalnumber6.com*

Kendal Calling, Kendal

2. VICTORIOUS FESTIVAL

Like ocean air and salty hair? This Southsea weekender will host musicians including The Flaming Lips, Tinie Tempah and Ella Eyre. There's also a boutique market on site and the price of a ticket includes admission to the seafront castle and aquarium. Everything is better at the beach, festivals included. *29-30 August 2015, victoriousfestival.co.uk*


Victorious Festival, Southsea

3. KENDAL CALLING

The Lake District is the ideal place to go on a long walk and remark on your bucolic surroundings. It's also a good spot to shake it to live sets from Kaiser Chiefs, Mr Scruff and The Vaccines before hanging at The Houseparty (a corner decked out with residential furniture). When you're ready to recharge, you can detox in the Garden Of Eden or lie down and watch a screening of *Ghostbusters* under the stars. *30 July - 2 August 2015, kendalcalling.co.uk*



Festival No.6, Portmeirion

Compiled by: Charlie Gowans-Eglinton, Georgia Simmonds. Photography: 3 Objectives, Tom Langford, Danny North, Scott M Salt, Jan Welters. For shopping details, see Address Book.

Festival fashion essentials Style inspiration

No bumbag required. Style it out with a **cross-body bag** instead. Leather bag, £170, Rebecca Minkoff

Ditch that Pac-A-Mac-turned-picnic-blanket in favour of a **1960s-inspired raincoat.** Polyurethane coat, £38, Next

Classic sunnies are fine, but sometimes you want to channel Priscilla, Queen Of The Desert, and stand on a bus in full glitter. That time is now. Acetate sunglasses, £285 each, Jimmy Choo

This **leopard-print welly** aligns the part of us that wants to be dry with the one that wants to be Imelda Marcos. PVC boots, £45, Méduse

Jumpsuits: Great for romping, not so great for peeing, but that's generally best avoided at festivals anyway. A well-cut all-in-one is key to getting dressed in a yurt. Denim jumpsuit, £54.95, Gap


REMI MILES

HAPPY

SEE IT: *Entourage*
Mindless fun to keep a smile on your face. This big-screen version of the TV show stars Adrian Grenier and features producer Mark Wahlberg as himself. Out 19 June

HEAR IT: Remi Miles
This Brighton-based singer grew up in Virginia, USA, listening to everything, from soul and ska to afro-beat and rock. Such universal tastes inform his catchy, distinctive songwriting, as well as his penchant for mod suits and sharp haircuts. Critics have likened his tunes *I Want You* and *Under Light Symphonies* to Duran Duran (left) and Prefab Sprout in their 1980s prime. A good thing. remimiles.tumblr.com



READ IT: *Not Forgetting The Whale* by John Ironmonger (W&N)
This book achieves what should be impossible: a heart-warming dystopia. Forget everything you know about apocalypses. This novel, set in Cornwall, will restore your faith in humanity. Out now



***Where'd You Go, Bernadette* by Maria Semple** (W&N)
Semple was shortlisted for the Baileys Women's Prize for Fiction for this witty, literary ode to mother/daughter relationships. It's intelligent but easy to read; eccentric but never twee. Out now



SEE IT
For more new music, books and films, visit elleuk.com


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INSPIRED

SEE IT: *London Road*
This extraordinary musical will get you excited about the future of film. Based on the National Theatre production, it explores the story of the Ipswich prostitute murders in challenging, thought-provoking style. Olivia Colman and Tom Hardy (right) star. In cinemas 12 June



HEAR IT: Courtney Barnett
This Aussie singer-songwriter's USP is mundane tales spun into hilarious narratives, backed by shambling indie rock. We like *Avant Gardener*, which is about a panic attack on a sunny afternoon. A lo-fi, musical Lena Dunham. Courtney's album, *Sometimes I Sit And Think And Sometimes I Just Sit*, is out now

READ IT: *The Ecliptic* by Benjamin Wood (Simon & Schuster)
This intricate, impressive novel about creativity, art and obsession will get under your skin. Out 2 July



***I Am An Emotional Creature* by Eve Ensler** (Ballantine Books Inc)
From the writer of *The Vagina Monologues*, this collection of testimonies champions the voices of girls around the world. Passionate and moving. Out now

SUMMER MOOD BOARD

However you're feeling, here's what to see, read and listen to this summer


EMILIA CLARKE

TIRED

SEE IT: *Terminator Genisys*
Put your feet up and let Arnie do all the action for you. The fifth of the series, this also features *Games Of Thrones*' Emilia Clarke (left) as Sarah Connor. In cinemas 3 July

HEAR IT: Evvol
Lift flagging spirits by tuning into uplifting trance-pop. It's like the moody, noir soundscapes of Slowdive; but this couple makes music you can dance to. Evvol's debut album *Eternalism* is out now

READ IT: *The Truth According To Us* by Annie Barrows (Doubleday)
Set in 1938 West Virginia, this is the perfect read when you want something calming without compromising on quality. Out 18 June

***Love, Nina* by Nina Stibbe** (Viking)
A warm and witty read, in the form of letters that Stibbe sent to her sister in the 1980s while working as a nanny. Out now



SAD

SEE IT: *Spy*
Melissa McCarthy's CIA agent goes undercover in another witty, women-centric comedy from Paul Feig (read his piece on p84). Guaranteed to make you laugh. In cinemas 5 June


MELISSA MCCARTHY IN *SPY*

HEAR IT: Misty Miller
At 15, Misty's ukulele-driven pop songs led Christopher Bailey to invite her to play at his Burberry Acoustic sessions. Now Misty's back with a rockier direction. Her terrific, yearning voice remains a constant. mistymiller.com

READ IT: *Frances & Bernard* by Carlene Bauer (Chatto & Windus)
A story of two writers who fall in love through their letters. A romantic but heartbreaking novel. Out now

***Jakob's Colours* by** Lindsay Hawdon (Hodder & Stoughton)
This poetic novel focuses on the gypsy holocaust in the Second World War. You'll need tissues, but the overall message is one of love, hope and redemption. Out now




MISTY MILLER

Compiled by: Johnny Davis, Anna James, Anna Smith. Photography: Samantha Casolari, Fox UK Film, Getty Images, Larry Horricks, Rob Irving, Mia Mala McDonald, Rex Features, Andrew Whitton, Wilkosz & Way.


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MY LIFE IN BOOKS

JUDY BLUME

Her books have probably shaped your life. Now the author, 77, shares the ones that shaped hers

Madeline by Ludwig Bemelmans

When I was a child, my mother took me to the public library every week. I sat on the floor pulling books off the shelf and that's how I found *Madeline*. She was brave and I wanted to be brave. I was afraid of so many things as a child: the dog down the street, the dark, the Madonna in the stained-glass window in the church that we drove by every day. That's why I wanted to be Madeline.



A Rage To Live by John O'Hara

I was 12 when I started reading from my parents' bookshelf. *A Rage To Live* [a social chronicle of America in the Forties] was the only book my mother told me I mustn't read. I told my aunt and she brought it over to me, and I stayed up all night reading it. There were certainly sexy passages that were thrilling and served me well for a long time.



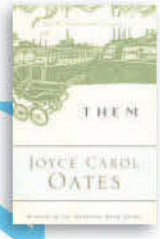
We Are All Completely Beside Ourselves by Karen Joy Fowler

I just love [this book] and have been recommending it to everyone. It's an original and spontaneous take on family that grabs you and doesn't let you go.



Them by Joyce Carol Oates

When I was a very young mother, before I started writing, I read *Them*. I can't tell you today what it was about, but I do know that I could not stop reading it; there was something about *Them* that was different. I knew the writer was my age and that she had written what I thought was an absolute masterpiece. I read all day as my children played in the sandbox and, because I could not put down this book, there was no dinner when my husband came home. I went on to read many, many Joyce Carol Oates books.



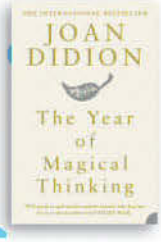
Fear Of Flying by Erica Jong

To read *Fear Of Flying*, I locked myself in the little room where I wrote, pulled down the shades and sat there until I finished it – and then I read it again. For young women of my generation, the story of Isadora Wing and her search for no-strings, satisfying sex was daring and startling and wonderful. It was like, 'I am not the only woman who has fantasies – sexual or otherwise.' When I met Erica Jong, not long after the book was published, I couldn't even speak because I was so in awe.



The Year Of Magical Thinking by Joan Didion

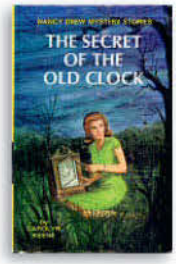
An account of the year following the death of Didion's husband, this book made me cry for so many reasons. I'm old enough to have seen it happen to many people who are close to me. I was with my father when he died suddenly at 54. I was 21. A sudden death may be better for the person who dies, but very difficult for the person who's left behind. At the time, I had no idea what my mother was going through. She never ever talked about it.



Nancy Drew Mystery Stories by Carolyn Keene

I grew up buying a *Nancy Drew* mystery every week with my allowance; I think they were 25 cents. I loved to play at being Nancy Drew (my bicycle was my roadster). Now I drive around Key West, where I live in the wintertime, in a Mini convertible, still playing at it.

In The Unlikely Event by Judy Blume is out now (Knopf Doubleday)



#ELLEBOOKCLUB

AND... SPEEDY READING: FOUR EXCELLENT LITTLE BOOKS

1 **LUCINELLA BY LORE SEGAL**
160 pages. A cult classic about the New York literary scene. Ambitious, whimsical, witty and imaginative.

2 **DEPT. OF SPECULATION BY JENNY OFFILL**
192 pages. The 46 intense chapters unpack the delicate details of marriage. Precise and profound.

3 **THE AWAKENING BY KATE CHOPIN**
128 pages. This landmark feminist novel, first published in 1899, remains startlingly relevant.

4 **HEARTBURN BY NORA EPHRON**
192 pages. A bittersweet confessional novel about the end of a relationship. It also features 16 recipes.

For more #ELLEBookClub reads, head to elleuk.com/bookclub

ELLE BOOK CLUB

Compiled by: Georgia Simmonds.

THE LINE-UP

The *John Frieda Beach Blonde* collection – it's back and better than ever

Some brands, even if they're gone, can never be forgotten. John Frieda Beach Blonde was one of those. Now the original cult beachy hair brand — and its iconic, tropically-scented, sea salt-infused texturising spray — is back. Each product in the range is filled with natural extracts and sea botanicals. Together, they'll help you create nourished, beautifully tousled hair. Beach optional. Find out more at **johnfrieda.co.uk**

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LIZ HEWITT, SENIOR HAIRCARE BUYER, BOOTS

Watch ELLE's Beach Blonde styling videos every week with #thethursdaycut

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From left: Katharine Hepburn, Jessica Rabbit, Sarah Silverman, Rosalind Russell, Tina Fey, Kristen Wiig

THIS MAN DIRECTED THE movie that changed how we see WOMEN IN FILM forever.

Bridesmaids made over £188m worldwide, gained two Oscar nominations and pioneered female-led comedy.

Now, the director of *Ghostbusters 3* says goodbye to the Hollywood Boys' Club...



Meet Paul Feig, the maverick talent whose exceptional film work precedes him. Even if you're unfamiliar with his name, the likelihood is you're a fan of his movie-making. Feig directed *Bridesmaids*, the wittiest wedding movie of all time, about the friendships, love lives and inner dialogues of women. He has pioneered behavioural comedy that crosses gender boundaries (see also *The Heat* and *Spy*) and been instrumental in shifting Hollywood's perception of women in film. He counts comedy titans Kristen Wiig, Rose Byrne, Maya Rudolph, Melissa McCarthy and Rebel Wilson as collaborators, and is currently working on a female-led reboot of *Ghostbusters*. Here, Paul explains why the place of women in Hollywood is changing forever – and why that's something to celebrate.

@PAULFEIG

Think about the last film you saw. Was a woman in the leading role? Did she have as big, equal and meaningful of a part as her male co-stars? Was she witty, accomplished, financially independent and emotionally stable? Or was she a subservient, beautiful, uncomplaining love interest or a hysterical, cat-fighting basket case? Things have been getting better lately but still the odds are she was one of the latter.

In 1999, early in my career, I created a TV show with a strong female lead, *Freaks And Geeks* (an Emmy Award-winning US TV show that centred on two teenage siblings and their high-school experience). The character I wrote, Lindsay Weir, is essentially my perfect sibling. I'm an only child and she was the older sister I always wished for. But the show was cancelled due to low ratings before we even finished our first full season, and suddenly Lindsay was no more.

Creating intelligent, dignified, three-dimensional roles for women has always come naturally to me, since they reflect my experience with the people I knew. But back in the early and mid-2000s when I had a tiny bit of power after my TV show, Hollywood wasn't biting. Female-





Words: Paul Feig. Photography: Alamy, Brian Bowen-Smith, Rex Features.

led projects would be dismissed, shut down because 'we need a male lead character'. I was told 'movies starring women don't make money at the box office', that 'internationally, there are countries that won't go to see films with women in the lead roles'. I'm embarrassed to say I just accepted it, thinking I didn't know enough about the business; that women in film were taboo. I'm also ashamed to say I didn't question that. It was such a hard and fast rule, how could it not be true? They knew showbiz better than I did.

But, over the years, I became increasingly frustrated and recognised this routine dismissal of films starring women for what it was: utterly ridiculous and a cowardly concession. I started to think, can we not fix that? How can this be the status quo? You're rejecting half the population of the planet based on their gender; it doesn't make any sense. My desire to change things was as much about challenging the brazen inequality as it was convenient for me creatively: I had all these talented women in mind I wanted to work with (Kristen Wiig, Melissa McCarthy, Amy Poehler, Tina Fey, Sarah Silverman, just to name a few).

For a long time, Hollywood has presented us with a very limited depiction of women – the 'guy's version', where she's either wonderful or terrible. It perpetuates a little boy's view of women: first, it's the mother who spoils your fun, then it's the girlfriend who won't let you go out with your friends and, ultimately, the killjoy wife who won't let you do anything at all. Meaningful roles for women are still exceptional. Only 12% of movies in 2014 had females in leading roles.

Interestingly, in the 1930s and 1940s, Hollywood portrayed strong, impressive women who were equal to men. The characters played by Irene Dunne, Katharine Hepburn, Bette Davis, Barbara Stanwyck, Rosalind Russell and Irene Dunne were also positively progressive. In the old movies I watched, men and women were equals, even when they were at odds. But this was also a time when movies were made for adults. It was only in the 1970s and 1980s that Hollywood started to realise that the biggest part of their blockbuster ticket-buying audience were 15-year-old boys. And I feel that's when a teenage boy's view of women started to creep into film roles – women became either busty Barbie dolls or cartoonish versions of mean ol' mom. There were still strong female roles in some of these films – Karen Allen in *Raiders Of The Lost Ark*, for one – but gradually, women depicted in films got a little more subservient, ghettoised by the male-dominated entertainment industry.

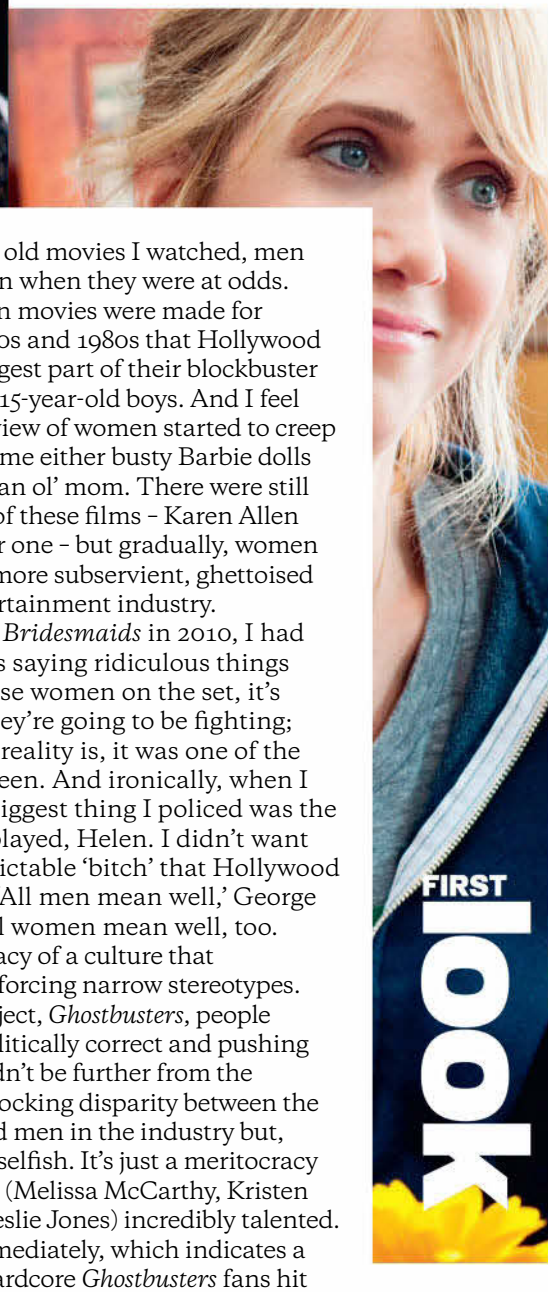
In the lead-up to making *Bridesmaids* in 2010, I had so many industry colleagues saying ridiculous things like, 'Get ready. With all those women on the set, it's going to be a madhouse. They're going to be fighting; it's going to be a mess.' The reality is, it was one of the happiest sets I've ever overseen. And ironically, when I was directing the film, the biggest thing I policed was the character that Rose Byrne played, Helen. I didn't want her to be the standard, predictable 'bitch' that Hollywood has become so attached to. 'All men mean well,' George Bernard Shaw once said. All women mean well, too.

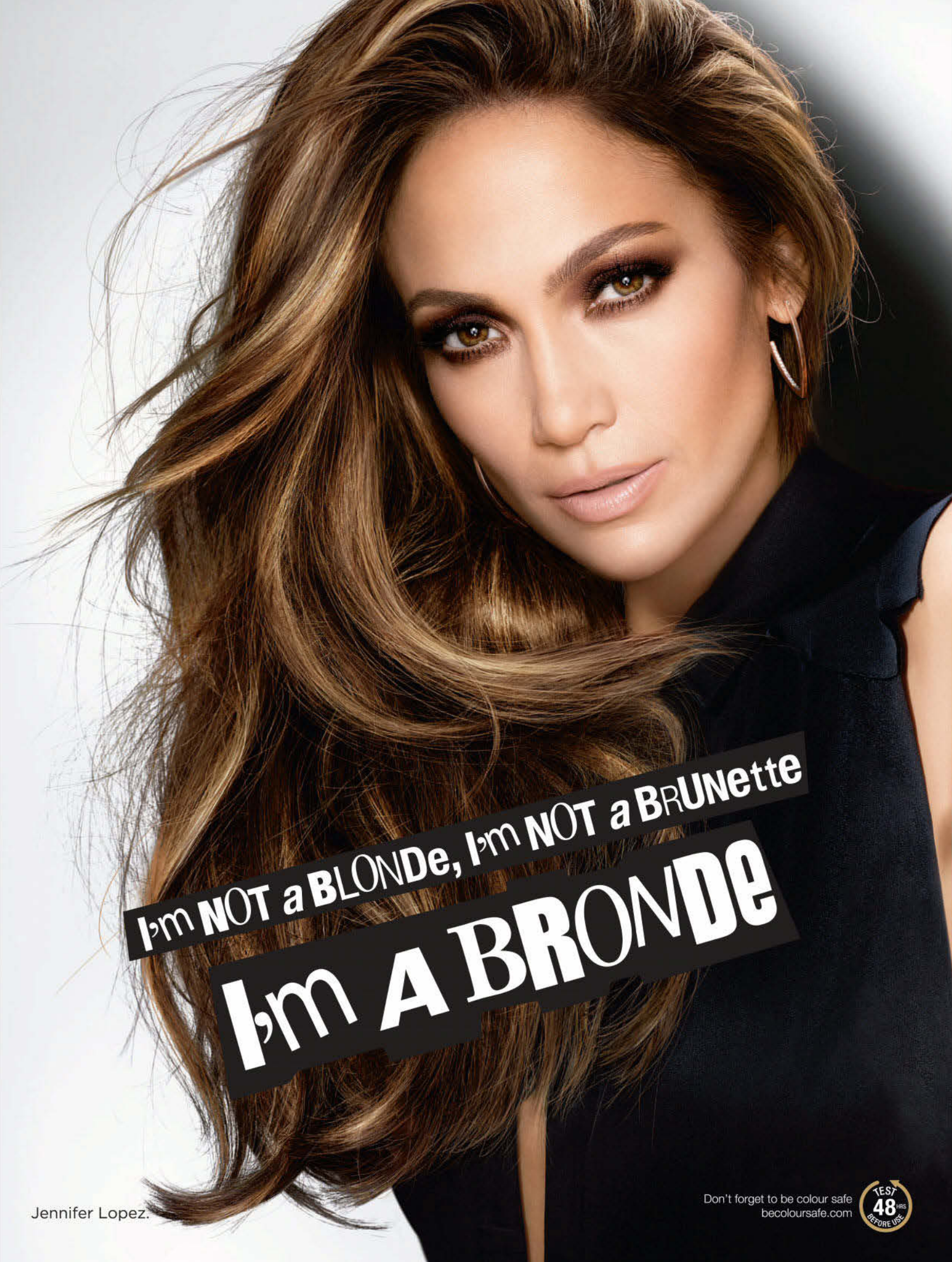
We're still fighting the legacy of a culture that marginalised women by reinforcing narrow stereotypes. With my next female-led project, *Ghostbusters*, people have accused me of being politically correct and pushing feminist agendas. That couldn't be further from the truth. I recognise there's a shocking disparity between the representation of women and men in the industry but, ultimately, my motivation is selfish. It's just a meritocracy – I find the women we've cast (Melissa McCarthy, Kristen Wiig, Kate McKinnon and Leslie Jones) incredibly talented. The studio was on board immediately, which indicates a positive sea change. Some hardcore *Ghostbusters* fans hit back. They grew up with the movie – I understand their discomfort in having cherished property from your past changed. But I believe there's room for all sorts of movies, whether they're new or reboots of beloved franchises – women love the original *Ghostbusters* too, so why not make one starring women? This is what progress looks like.

I want the idea of gendered movies to be abolished. My latest film, *Spy*, happens to be a female-led film about the intelligence services, which doesn't mean it's a film for women, or for men. It's a film for people who want to have a good time. I hate the term 'chick flick' and I hate the connotations it has – *chick flick* has become code for some lesser confection made for ladies that has no relevance for men. I want guys to look at a movie poster with a bunch of women on it and go, 'Oh they're funny – let's go see that.' The end.

Spy is in cinemas now

'WE'RE STILL FIGHTING THE LEGACY OF A CULTURE THAT MARGINALISED WOMEN INTO STEREOTYPES'




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DONNA IDA THORNTON

Jean genius Donna Ida says the key to style success is finding your uniform and sticking to it. Her first rule? Don't fight your body. We're all ears...

Words **Kerry Potter** Photography **Jessica Mahaffey**





Donna's Miu Miu heels are a wardrobe staple



The denim guru relies on bold accessories to ramp up her jeans



Donna Ida Thornton may live in a sleepy Berkshire village, but that's the last adjective you'd ever apply to the Sydney-born denim boutique owner. It's 9am and the 41-year-old has already been up for four hours, pinballing enthusiastically around her newly renovated 19th century coaching inn home. She's a 5ft 2in pocket rocket of blondeness, lilting Aussie tones and easy, breezy charm.

That charm is the key to her success: guiding women through the complicated business of buying the right jeans. Although always a fashion lover, Thornton was a late starter in the industry. Sydney raised, she moved to London in 1999 and began working in marketing. Her light-bulb moment came, aged 33, when she tried to buy premium denim in a department store and came home empty-handed and demoralised, thanks to a disinterested shop assistant. 'If she'd only engaged with me, I would've bought something,' she says. 'A friend suggested I open a denim shop and I stayed up all night thinking about it. I knew I could make it work.'

After persuading various ex-bosses to invest in her business, she opened her first store in 2006. Nine years later, there are two London stores, an online shop, plus Ida, her own label, which represents 25% of her sales. Thornton's USP is customer service: 'You have to get people to trust you.' Indeed, after just a few hours in her company, she's undoubtedly the woman I'd most like to take my trousers off in front of.

Donna's global hotspots: 1. Merci, Paris (merci-merci.com): 'I like how they do lifestyle and fashion together.' 2. Five Story, New York City (fivestoryny.com): 'This



Donna in a favourite Zimmerman dress

@DONNAIDA



However, there's a disappointing lack of denim in Thornton's own closet; I was expecting 300 pairs, instead there are around 30. 'I keep a tight edit and am brutal about clearing things out – I get rid of loads every season. But I do keep the iconic ones or ones I just love,' she says, pointing to her grey J Brand Houlihans (world dominators in 2010) and some distressed Nobody skinnies.

This season, she'll be wearing an Ida Kitty cropped flare. 'They can make your legs look short, so you *have* to wear a heel. I wear them with my spotty Miu Miu sandals.' Does she ever get bored of jeans? 'No!' she admonishes, with a grin. 'If a look works, put it on repeat. It's one less decision you have to make in a day. Most successful people wear the same thing all the time, which is why you shouldn't feel bad about buying yet another pair of black skinnies; if they work for you, buy them again.'

Her daytime look – jeans and a pretty top – is turbocharged by heavyweight accessories. Her vast bag collection – many are gifts from her husband, restaurateur Robert Walton – includes Chanel, Céline and Saint Laurent. And I imagine she's solely responsible for the UK sales of size-three designer shoes: I spot several variations of Manolo Blahnik's Chaos sandals ('I wear this style to death'), three pairs of Céline skater shoes, and endless pairs of YSL, Balenciaga, Miu Miu and Sophia Webster. But Thornton is no label snob. She fondly points out her favourite summer dress, a white crochet number: 'It was £9 from H&M about 12 years ago. Everyone always asks where it's from.'

There's just time for the style gospel according to Thornton before the denim dynamo whizzes off: 'I know what works for me, and I don't fight my body. I only keep clothes I fit into – I don't say, "Oh, but I might lose a stone…" Probably won't happen, so get rid of 'em! Don't get stressed out about clothes, just wear them,' she says. And when you think about it, it really is that simple.



Turbocharged accessories – gifts from her husband



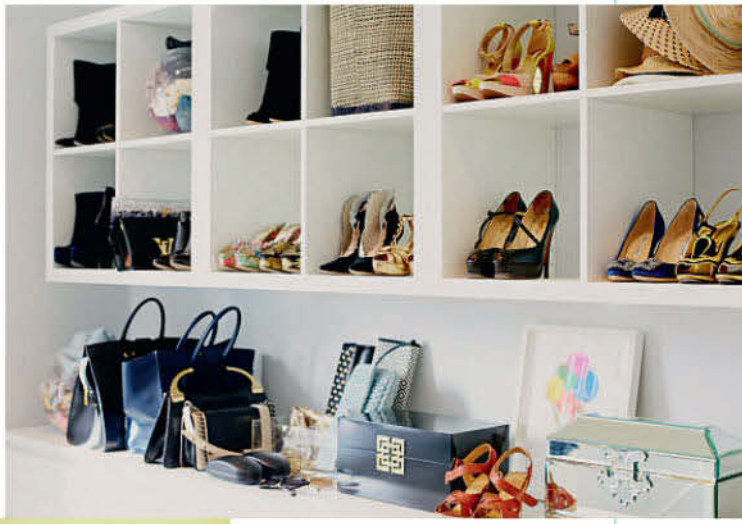


BUYING JEANS: DONNA'S TOP TIPS

1 Stay calm and listen to the salesperson's advice. Don't go in thinking everything is going to look horrible – be open-minded!

2 Buying jeans that are too big is a common mistake. With skinnies, you should struggle to get into them at first; after time, the fabric will give a bit. If you can get your hand down the waistband at the back, they're too big.

3 At home, you only need to wash your jeans every three to four wears. Never put them on a wash that's hotter than 30°C, and let them air dry, or you'll damage the elastane.





Céline's easy-to-wear skater shoes are a current favourite

boutique has something different on each of its five floors.' 3. Mrs Sippy, Sydney (mrssippy.com.au): 'This place does amazing salads and great cocktails.'

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WORK

SPY

Hers is the wardrobe that inspired 100,000 clicks. Courtney Adamo, co-founder of lifestyle blog Babycino Kids, shares the secrets of her very Instagrammable style

If you're one of Courtney Adamo's 100,000-plus Instagram followers, you'll already be familiar with her effortless bohemian style, wrapped up in rustic charm. The 33 year old's north London life with her TV producer husband Michael and their children – Easton, nine, Quin, eight, Ivy, five, and Marlow, two – plays out in real time via @courtneyadamo.

'I thought Instagram would be an easy way to share photos with my family back in the US,' Courtney explains. 'I had no idea it would turn into such a useful marketing tool for our business.' The 'realness' and intimacy of seeing the Seattle native and her brood made the Adamo clan a social media poster-family, and her children the unofficial faces of the 300-plus brands sold through babyccinokids.com.

She set up the blog eight years ago with two mum friends, Esther van de Paal and Emilie Walmsley, to share 'family-related topics'. Now an established shopping portal, the site receives 100,000 page views per month. Her own smart-shopping style feels accessibly aspirational, featuring embroidered Isabel Marant peasant blouses, long folksy dresses, and tunics by Ace & Jig.

Though casual, high-quality materials make her style seem more considered. She relies on 'one piece does all' instant outfits and gravitates towards gingham and textiles in lieu of accessories. 'I invest in one great coat a year – usually Isabel Marant – which will dress up any outfit, but spend less on skinny jeans, as I wear them to death; Topshop's are best.'

This month, the Adamos are embarking on a year-long, round-the-world trip, starting in South America and ending in Italy. Luckily, hers is a nomadic trade and Courtney will be blogging along the way. Her advice to other Insta-preneurs? 'Every woman, no matter how successful, can sometimes feel intimidated and underqualified. Find your individual strengths and focus on what you bring to the table.'



Courtney wears: Top, Studio Nicholson. Jeans, MiH Jeans. Bag, Mulberry

COURTNEY'S STYLE

Style motto: *'What would the French do?'*

Most recent purchase: *'A leather tote from Madewell in New York to carry my computer in.'*

Beauty heroes: *'I swear by Aveda Universal Styling Creme, £18, for my hair. I also love Nars – its Bronzing Powder in Laguna, £27.50, is one of my make-up essentials.'*

Photography: Greg Holland.

WORK SPY

MONDAY

'I usually pair a denim jumpsuit with heels for meetings.'

COURTNEY LOVES
Reading: All The Light We Cannot See *by Anthony Doerr*
Shops: *Aimé, Couverture & The Garbstore, Liberty London*



Jumpsuit, Atterley Road. Shoes, Swedish Hasbeens

TUESDAY

'When I work from home, I keep things casual as I'll be Skype-calling my business partners, writing editorials and doing the school run.'



Dress, Ace & Jig. Trainers, Shoes Like Pottery



Courtney (with daughter Marlow) wears: Dress, & Other Stories

WEDNESDAY

'For our Babyccino Kids ShopUp shopping events, I've got to be smart but able to run around.'



All clothing, as before

CV

EDUCATION
Broadcast journalism, *Northwestern University, Chicago*

2001-2003
Content researcher, *KOMO News, Seattle*

2003-2005
TV and film production runner, *LA*

2007
Co-founder, *babyccinokids.com, London*



Dress, Sideline

FRIDAY

'Fridays are my non-working day. I wear a lot of dresses because they're an instant outfit.'

@COURTNEYADAMO

THURSDAY

'I travel to Paris and New York twice a year for the trade shows. I always pack a hat, a scarf and a good book.'

CAN'T BE WITHOUT...



'My scarf, notebook, hat and diary – I'm old-fashioned and still don't use an electronic calendar.'

Words: Gillian Brett. Styling: Harriet Stewart. Photography: Greg Holland. With special thanks to Cowshed. For shopping details, see Address Book.



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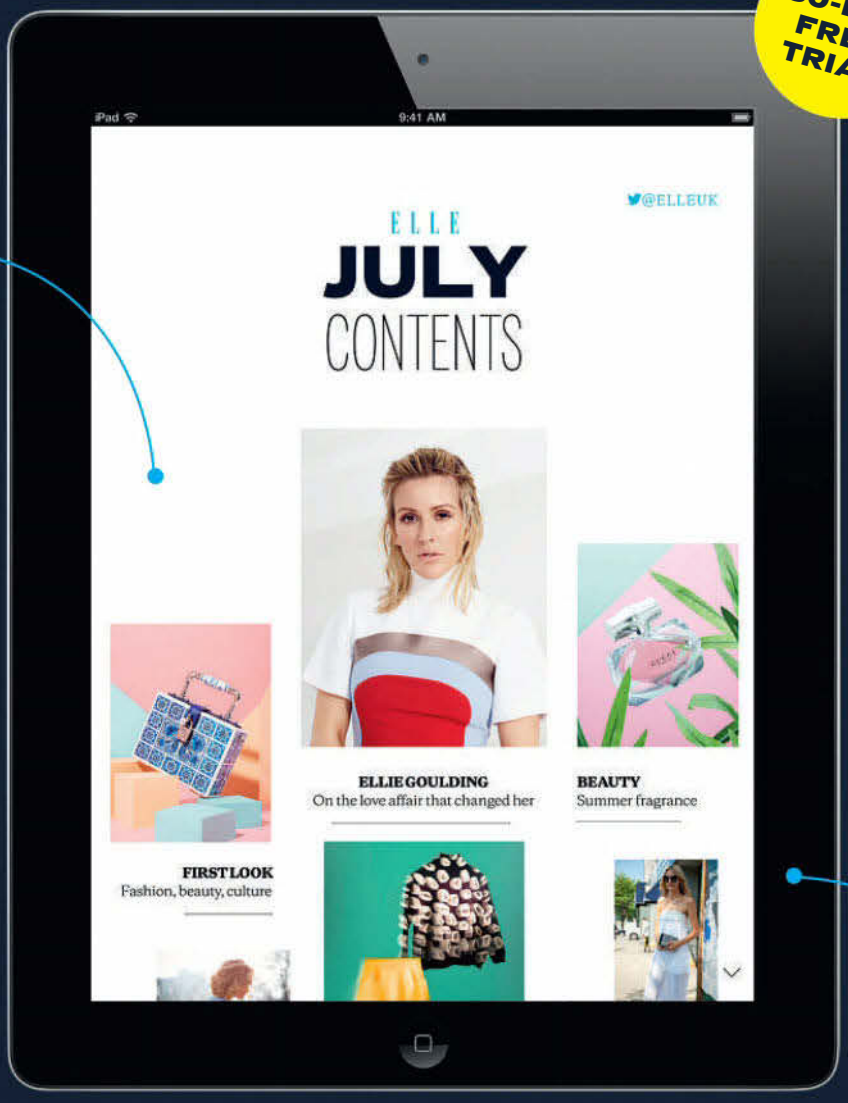
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*Women's Lifestyle Sector, Digital Magazine Awards 2014.



Left: Leather coat, £1,398, Toga Pulla. Cotton shirt, £29.90, Uniqlo. Polyester-mix trousers (just seen, worn throughout), £45, River Island. Faux-leather bag, £17.99, New Look



Layer white lace pieces to make them modern





Beyond mono

Add pattern to ***monochrome*** – it's an easy way to ***power up*** your work look



Above: Polyester and cotton top, £150, Self-Portrait. Cotton shirt (worn underneath), £29.90, Uniqlo. Leather shoes, £550, J.JS Lee. Stainless steel watch, £3,925, Tiffany & Co.
Left: Cotton top, £240, Sea NY. Stainless steel and leather watch, £175, Kate Spade New York. Nylon-mix bag, £199, Sandro



Above: Cotton top, £125, Dsquared2. Polyester-mix skirt, £140, Whistles. Brass and semi-precious stone earrings (worn throughout), £114, Eddie Borgo. Model's left hand: Silver rings (worn throughout), £116 for set, Ann-Sofie Back. Model's right hand: Gold and diamond ring, £1,480, Boucheron
Left: Cotton-linen shirt, £29.90, Uniqlo. Wool skirt, £850, Ralph Lauren Black Label. Leather shoes, £95, & Other Stories. Brass and semi-precious stone earrings, £145, and brass and semi-precious stone bracelet, £190, both Eddie Borgo. Gold and diamond necklace, £4,630, Boucheron. Stainless steel and leather watch, £650, Links of London. Leather bag, £220, Karen Millen

Photography: Robert Harper. Anthea Simms.





Right: All as before
Below: Polyurethane coat, £55, and leather skirt, £195, both Topshop. Viscose shirt, £32, Warehouse. Neoprene sandals, £54.99, Vagabond
Bottom: Both as before



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Above: Cotton jacket, £275, Michael Michael Kors. Polyester-mix jumpsuit, £260, Claudie Pierlot. Silk-mix shirt (worn underneath), £180, Diesel. Leather shoes, £395, Grenson. Model's right hand: Stainless steel watch and gold and diamond ring, both as before. Model's left hand: Silver and cubic zirconia ring, £45, Pandora. Leather bag, £785, Pierre Hardy at Matches Fashion
Left: Cotton-mix top, £239, Marc Cain. Silk-mix trousers, £1,175, Prabal Gurung. Faux-leather bag, £35, River Island. Stainless steel and leather watch, and brass and semi-precious stone bracelet, both as before

ELLE **STYLE IT** See what Team ELLE wear to work at elleuk.com/street-style

Styling: Donna Wallace. Photography: Robert Harper, Anthea Simms. Hair and make-up: Laurey Simmons using Chanel S 2015, Chanel Body Excellence and Aveda. Manicure: Jessica Thompson using Essie. Model: Brittni Tucker at Premier Model Management. For shopping details, see Address Book.

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STREET

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ELLE STYLES
LAURYN HOLMQUIST, 24, PHOTOGRAPHER

SHOP MY LOOK
Silk-mix dress, £39.99, H&M.
Patent-leather shoes £195, L.K.Bennett.
Sunglasses and jewellery, all Lauryn's own ›



@LAURYNHOLMQUIST

p103





Main photography: Clarke Tolton. Additional photography: Jason Lloyd-Evans. Map: Russell Bell. For shopping details, see Address Book.

Street Style... **Silver Lake** Channel your inner hipster in LA's answer to Shoreditch

Micro Trend... **White** Clean, simple and anything but a blank canvas



ELLE STYLES JAYNE MIN, 35, CREATIVE CONSULTANT AND STYLIST

SHOP MY LOOK
Leather jacket, £450, Veda. *Silk top, £150, and cotton trousers, £220, both* Acne Studios. Céline *bag and sandals, both Jayne's own*



@STOPITRIGHTNOW



'I wear these trousers with trainers, sandals, boots – everything'



ELLE STYLES KAIMAN KAZAZIAN, 20, MODEL



SHOP MY LOOK
Silk shirt, £215, Equipment. *Polyester skirt, £24.99,* H&M. *Leather sandals, £333,* Pollini. *Leather bag, £200,* Bimba Y Lola. *Acetate sunglasses (on shirt, below), £220,* Jonathan Saunders. *Ring, Kaiman's own*

@KAIMANKAZAZIAN

'This skirt is such a great staple. I'd dress it down with a black leotard and pointy flat shoes'



Styling: Harriet Stewart. Photography: Clarke Tolton. Map: Russell Bell. For shopping details, see Address Book.



ELLE STYLES MICHELLE MADSEN, 28, BLOGGER



@MICHELLETAKEAIM

'I love an all-over neutral palette, especially when paired with a quirky print, like this shirt'

SHOP MY LOOK
Cotton shirt, £32, Warehouse. *Denim skirt, £245,* Studio Nicholson. *Leather and rubber sandals, £140,* Whistles. *PVC and leather bag, £230,* Ally Capellino. *Hat, Michelle's own*



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INSIDER'S GUIDE TO SILVER LAKE, LA

Dine... on locally sourced plant-based cuisine at **Sage Vegan Bistro** 9 (sageveganbistro.com). Meat more your thing? Try the best steak in town at **Café Stella** 4 (cafestella.com) *Shop...* for designer pieces at **Mohawk General Store** 3 (mohawkgeneralstore.com). *Drink...* at **The Black Cat** 5 (theblackcatla.com). The $5 happy hour certainly makes us smile. *Dance...* to moody indie tunes at **The Satellite** 8 (thesatellitela.com)



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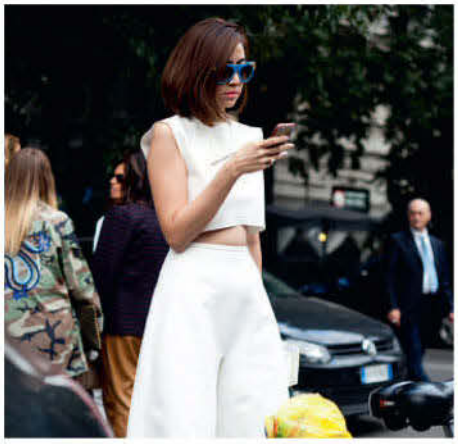




ELLE tip: Look for fringing, lace and mesh to add interest to a monotone outfit. *Above: Cotton dress, £485, Sea NY*













ELLE tip: Polished, tailored separates will ensure your outfit is office appropriate. *Right: Embellished polyester-mix jacket, £399, Karen Millen*









ELLE tip: Wearing trainers? Make sure they look box-fresh to keep your outfit 'clean'. *Below: Leather trainers, £49.99, Aldo*





ELLE tip: Add coloured or black accessories to give your look a city spin.

Compiled by: Emma Sells. Photography: 3 Objectives, Jason Lloyd-Evans. For shopping details, see Address Book.

NEXT YEAR, CHELSEA CLINTON'S MUM MIGHT BE THE FIRST WOMAN PRESIDENT OF THE UNITED STATES

Here, the 35-year-old tells us what it was like being raised by Hillary and Bill, the life lessons she learnt growing up in the White House, what she'll share with her own daughter about inheriting the family work ethic, and that famous Clinton hair. Interview: Rachael Combe

Photography **Paola Kudacki**



ELLE: Were you at the Fourth World Conference on Women in Beijing in 1995 when your mother made her 'women's rights are human rights' speech?
CHELSEA CLINTON: No, but I remember watching it on television in my room at the White House – my mom in her pink suit! I remember being so proud. I vividly remember her working really hard on the speech before she went and recognising that this was a real moment. I don't think that she could have anticipated how much attention she would attract saying something that shouldn't be controversial, but she knew at the time it still was controversial. And I don't think she expected that it would be as galvanising, thankfully, as it was.

ELLE: When you came to The Clinton Foundation, you said you wanted to look at what it was and wasn't good at, and to focus on where you could have the most impact. You've tried a few different careers. Have you discovered the same about yourself?
CC: I'm blessed to be my parents' daughter, and many of the areas where I can make a disproportionately positive impact are both because of the opportunities they've given me but also – candidly – because I share their DNA and work ethic. To disaggregate a big problem into lots of smaller problems, to think about who needs to be around the table to solve a problem – those are skills I inherited from my parents and that have grown through my own hard work.

ELLE: Your maternal grandmother, Dorothy, died in 2011. You and your mother have spoken about what a huge influence she had on you both. As a child, she endured abuse, poverty and abandonment. And yet she emerged, as you've said, a loving and remarkable person. Did she exemplify your family's unsinkable DNA, or was it that what didn't kill her made her stronger?
CC: I talk to Charlotte [Chelsea's nine-month-old daughter] about her great-grandmother all the time because it's important to me that Charlotte understands the magnificence of my grandmother and how – because she helped my

mom become the person that she is and helped me become the person I am – she will inevitably have a role in Charlotte's life, even though she's no longer with us. And my grandmother very much believed that, yes, she was just dogged, but also that she was lucky enough to be exposed to positive role models – they just weren't in her own home. She realised that the cold and really abrasively unnurturing reality she had grown up in wasn't inevitable. She could write her own story.

ELLE: When I hear stories like that, I wonder if I'd have it in me to be a survivor. When you go to the developing world and see women struggling with poverty, Aids, or abuse, do you ever wonder if you'd be able to rise above your circumstances?

CC: Of course! I believe in what my grandmother always referred to as a discipline of gratitude, and part of that is recognising that to whom much is given, much is expected – I'm always trying to figure out what more I can be doing to be a good daughter, to now be a good mother, to be a good wife, to be a good friend, to be a positive contributor to my community, to my world. But another part of the discipline of gratitude is always striving to be empathetic, and to have the humility to recognise that I am really lucky, and I could have been born – we all could have been born – in different circumstances. And to use that humility to work that much harder, but also to always wonder what might have been. Now, as a mother, and having seen so many remarkable mothers all over the world, whether they're subsistence farmers in sub-Saharan Africa or Aids activists in Southeast Asia, they're all fighting so hard fundamentally for their children. So I do believe now I would do whatever I had to do to ensure that Charlotte had a safe and healthy life and every opportunity I could give her. I would do anything for her.

ELLE: When Charlotte was born, what was your first thought?

CC: I was so just flooded with love and this fierce protectiveness. I don't know what I thought I would need to protect her from in the hospital room, but I was so ready. Just if anything was a threat to my newborn daughter, I was going to get off that bed and, like, throw myself in front of it.

ELLE: Your parents have always been very protective of you. Do you ever worry that because you're the most precious person in the world to two of the most powerful people in the world, people are afraid of you? Afraid of what would happen if they hurt you or even screwed up on the job?

CC: I don't know about that! But I think one thing that I've always been aware of is, you know, people have had preconceptions about me my whole life. When I was little in Arkansas in Booker Elementary School, I had kids saying things to me directly like, 'I don't want to play with you, because what if you get hurt and the state police come after me?'

ELLE: Kids actually said that?

CC: Yeah. I'm like: 'State police aren't going to come after you, and I'm tougher than I look.' I've always realised it's my responsibility to help people get over their biases of me.

ELLE: How do you do that?

CC: By being myself. And also welcoming any questions that people have. I may not answer all of them; I may not think it's appropriate to answer all of them, but I'm comfortable hearing whatever questions or concerns might be impediments to being able to have a real working relationship or friendship with someone. So inviting people into my life, but also just showing up and working hard so that people see me as me. Of course, part of me is being my parents' daughter, but that's only part of who I am.

ELLE: So what's a typical day for you?

CC: Well, at the moment, I'm still breastfeeding, so I wake up early in the morning, like 6am, and often will go for a run. And [then I] come back, get ready for the day, feed Charlotte, and then go to work. We have a wonderful caregiver. I pump multiple times a day and am very dedicated to ensuring that Charlotte has enough

'OF COURSE, PART OF ME IS BEING MY PARENTS' DAUGHTER, BUT THAT'S ONLY PART OF WHO I AM'

to eat, and I'm so grateful that she's a healthy little eater and I'm able to feed her. And Marc [Mezvinsky, 37, Chelsea's husband] and I, every night, unless there's something that we really have to go to, come home and give her a bath. Marc gives her a bottle at night and then we put her to bed. She's sleeping through the night. She trained herself; I deserve no credit.

ELLE: Is it a big change from before she was born?

CC: Marc and I are like, 'What did we do before we were parents?' My whole life has reoriented around my daughter in the most blessed sense. I now understand – this is something else that Marc and I talk about all the time – all of the enthusiastic, bombastically spectacular, wonderful things people say about their children, because we also feel and think all those things about Charlotte – that she is just the most remarkable little bubbly, perfect, chunky monkey creature ever.

ELLE: Did you enjoy being pregnant? I feel like there are two camps: people who love it and those who hate losing their autonomy.

CC: No, I liked being pregnant. I was tired. I had to sleep more. I had to buy new clothes, but that was OK.

ELLE: And now you're back to normal – are you trying to get on *Us Weekly*'s Body After Baby cover?

CC: [Laughs.] Definitely not, no. Charlotte's 18 and a half pounds, which is a lot. So I think that lots of, like, lifting and carrying her helps; lots of squeezing and hugging, too.

ELLE: You're an avid runner, too.

CC: I love to run. I love running all over the city [New York]. I mean, I love running. On the East Side I love running, on the West Side I love running, downtown… I just think. I clear my head. I love listening to the sounds of the city, too, and all the things that get said to me while I'm running. A few years ago, I ran downtown and I was in the East Village, and these two women were sitting outside their building, next door to a bodega, and every person who walked past they were saying, 'Saturated fat, unsaturated fat, saturated fat, unsaturated fat.' And I ran by and they said, 'Unsaturated fat.' I stopped and I said, 'Is that a ›

good thing?' And they said, 'Well, honey, we're all fat.' And I said, 'I got that from the labelling, but is it good to be unsaturated?' They said, 'Well, it's better than being saturated fat,' and I was like…'OK,' and I just kept running. I love that. Like, I didn't even know what to make of that and it was ludicrous, but hilarious and sweet. And in the mornings, just being able to talk to the delivery people when I'm waiting for the lights to change, or the police officers.

ELLE: And are they all relating to you as Chelsea Clinton?



'AND SO WHEN YOU ASK ABOUT THE IMPORTANCE OF HAVING A WOMAN PRESIDENT, ABSOLUTELY IT'S IMPORTANT, FOR, YES, SYMBOLIC REASONS – SYMBOLS ARE IMPORTANT'

CC: A lot of them, but not always. Sometimes I'm just that person out running. I miss that in the winter.

ELLE: One of your childhood friends once said that you've always lived your life as though you were being watched. Is that true?

CC: I would say a couple of things. I don't think constantly about being watched, and I very much choose to live my life in the world…

ELLE: I didn't mean to make you sound paranoid!

CC: No, no, it's a very fair question. I ride the subway and go to Duane Reade [the pharmacy] and to the grocery store. I mean, people might be looking at me when I'm picking out my Siggi's yoghurt or picking up my prescription or when I'm reading a book on the subway. And so I would say it's more that I'm aware that someone might be watching me or looking at me, or that someone might come up and say something to me, but it's not at the top level of my consciousness. Like when I'm grocery shopping, I'm thinking about groceries, or when I'm walking down the street, I'm thinking about, probably, [Clinton Foundation initiative] No Ceilings or, definitely, Charlotte.

ELLE: For example, if you wanted to, say, buy a copy of *Fifty Shades Of Grey*, would you have to worry that someone in the bookstore was going to tweet about it?

CC: I haven't read *Fifty Shades Of Grey*, although I'm fascinated that it has sold over 100 million copies. So I can't speak about that, but I also – I don't have secrets, either. If someone really wants to know that I'm reading Barbara Nadel's most recent Inspector Ikmen book…

ELLE: Is that what you're reading?

CC: Yes, I love historical mysteries and I love mysteries that take place outside the United States: Maisie Dobbs and all of the Barbara Mertz/Elizabeth Peters books. I love the Charles Todd books, the Ian Rankin books. And then I love contemporary mysteries outside of the United States, so Inspector Gamache – who's another favourite of my mom's and was also of my grandmother's – he was a contemporary detective set in Quebec, or Inspector Ikmen, who's a contemporary detective set in Istanbul. And I'm reading my [former boy]friend Ian Klaus' book, *Forging Capitalism*. But now, because we read so much to Charlotte, I read more kids' books than I do the books that I'm quote-unquote 'reading'.

ELLE: Are you listening to anything?

CC: Outside of all of the baby music we listen to? [Laughs.] Marc and I are obsessed with all of the Rockabye Baby! Do you know these? So it's, like, *Rockabye Baby! U2*, *Rockabye Baby! Coldplay*, *Rockabye Baby! Bob Marley*. They are albums of the best songs of iconic singers or bands, which are translated into very simple orchestrals, with simple beats, which are supposed to be good for kids' rhythmic and cognitive development.

ELLE: I know your parents were very excited about you having a baby – are they all over her?

CC: I see my parents so much more now than I did before Charlotte, in the sweetest and most wonderful sense. I'm so grateful that they're excited about being grandparents, and they're so good with her and want to be involved in everything. They love reading to her and singing to her and are just great.

ELLE: You mentioned earlier that you didn't think you could care about the things you care about any more than you used to, and now you find you do. Can you talk about that?

CC: On everything around No Ceilings, I didn't know I could care any more passionately about every child, particularly every girl, having the same rights and opportunities as her brother or friend or the boy who lived next door. And somehow I do, somehow there's just a different level of intensity now. Not that I'm any more committed, because I was already so committed, and not that I'm any more persuaded by the moral and economic arguments, because I already was persuaded, but there's just a different level of intensity and acuity, and of feeling responsible. We have to solve this now for all children, including Charlotte.

ELLE: I was pregnant with my eldest daughter when your mother ran in 2008. I remember feeling that extra intensity you're talking about and being really frustrated when people

Photography: Paola Kudacki.

said that it didn't matter if we had a female president, that it wouldn't make any real change, that it was just symbolic. What do you think?
CC: We've made real progress on legal protections for women, but in no way are women at parity to men in [the US] in the workplace. And if we look in the political sphere, it is challenging to me that women comprising 20% of Congress is treated as a real success. Since when did 20% become the definition of equality? And so when you ask about the importance of having a woman president, absolutely it's important, for, yes, symbolic reasons – symbols are important; it is important who and what we choose to elevate, and to celebrate. And one of our core values in this country is that we are the land of equal opportunity, but when equal hasn't yet included gender, there is a fundamental challenge there that, I believe, having our first woman president – whenever that is – will help resolve. And do I think it would make a substantive difference? Yes, we've seen again and again, when women have been in positions of leadership, they have had different degrees of success versus their male counterparts, historically being able to build more consensus so that decisions have longer-term effects, whether in economic investments or in building social capital. Who sits around the table matters. And who sits at the head of the table matters, too.
ELLE: If your mother runs for president and wins, what would be the first thing that you would lobby her about from your position as an advocate?
CC: Well, I talk to my parents almost every day. And we've had a very free-flowing conversation about the world today, and the world that we hope to see, my whole life. The first thing I learnt to read was the newspaper, and we talked about the newspaper every night over dinner. And so whatever choices my mom makes, we'll still be having the same types of conversations. We'll still be as opinionated and emphatic a family wherever that conversation will unfold.
ELLE: The report has been that you

'THE FIRST THING I LEARNED TO READ WAS THE NEWSPAPER, AND WE TALKED ABOUT [IT] EVERY NIGHT AT DINNER'

really helped push your parents on gay marriage. Is that accurate?
CC: That is accurate. I fundamentally believed that equal marriage was an important right that should be extended in our country. And then when Marc and I got engaged in 2009, it corresponded to a real equal-marriage push here in New York. I knew I was going to be able to marry my best friend. How could I not do whatever I could as a New Yorker to ensure that everyone in New York had that same right? And it was also important to me that my parents recognise why this was such a priority for me personally, and also why I thought it was important that they be on the right side of this issue.
ELLE: I love the optimism of No Ceilings, the idea that we can systematically make the world a better place. But there's been a spate of especially disturbing news lately: the Michael Brown and Eric Garner killings, the ISIS beheadings, the Paris shootings. I like to think humanity is progressive – that we're headed somewhere better than we've been. But sometimes I think, 'Maybe there's no point, it's just chaos'. Do you ever worry that your work is futile?
CC: Have you read Steven Pinker's *The Better Angels Of Our Nature*? I recommend it because it is very much a catalogue of the tragedies that humanity has wreaked upon ourselves historically, and how awful so much of the 20th century really was, but how – absent these major cataclysms in the 20th century – we have grown less violent over time. I don't say any of that to indicate that we should not take the threat of ISIS seriously, to your point about beheadings, or take seriously the still unresolved tensions and the resulting tragedies in what has too often happened to unarmed African-American men – even unarmed children, with the shooting [of 12-year-old Tamir Rice] in Cleveland. But we are making progress. I think because we're making progress, it actually puts more pressure on us to remedy what still is not our best humanity, because we know that we can create safer environments, in which people grow up to be less aggressive, less violent.
ELLE: One thing that you've said about your grandmother was that she was very honest with you – she didn't pull any punches. Who plays that role now?
CC: My husband. We have such an honest, ongoing conversation that we started now – I mean, I've known Marc for more than 20 years. So I think that also helps in the same way that my grandmother knew me my whole life. Marc has known me for two thirds of my life, and I'm so grateful for that, for both the depth and breadth.
ELLE: When you had a hard time quitting your job in finance at the global investment firm Avenue Capital Group, I love that Marc said to you, 'What's wrong with you? If you were a man, you would have quit.' Is saying no a problem for you? How do you organise your time, with so many demands?
CC: I definitely have a priority list, with my family at the top. I've worked really hard on saying no, certainly since I left my job at Avenue, but my bias is to say yes. Marc and I are very much on a seven-day work week plan, but I think that'll change when our child – and, God willing, our children – are older.
ELLE: You've achieved a large leadership role at a young age. People around your parents used to call you 'the Child.' Has it been a struggle to become 'the Adult'?
CC: I always feel like I want to exceed anyone's expectations… just working really hard and being overprepared.
ELLE: It's interesting you say that, because many women in leadership positions say they feel they need to be more prepared than their male counterparts.
CC: I think that's true. I really resonate with that.
ELLE: Do you ever think it's unfair that you have to overprepare?
CC: I don't really think about the world in terms of fair and unfair. We have to start where we are. I would ›

rather think about how to solve a problem or how to make the No Ceilings report feel most relevant to people my age and even younger – that's where I'd rather spend my time and energy.

ELLE: So what advice would you offer young women coming up in their careers about how to get people to listen, to take them seriously?

CC: If you want to be heard, you have to speak out. And I think too often – I definitely was guilty of this when



'IF YOU WANT TO BE HEARD, YOU HAVE TO SPEAK OUT. TOO OFTEN – I WAS GUILTY OF THIS – YOUNG WOMEN STAY SILENT'

I worked at [management consulting firm] McKinsey, particularly in my early 20s – young women stay silent. Once, in a forum of young university leaders, a woman asked, 'What do you think about the fact that I've been told to not wear certain clothes or that my voice is too high and that I need to work on the pitch of my voice?' And I said, 'Yes, you should of course be taken seriously for the substance of whatever you're going to contribute, but that's not the world we live in yet.' If you want to be taken seriously, you also have to remove reasons for people not to take you seriously, and so that to me is more the conversation around what women should or shouldn't wear to work, or the tone of someone's voice. Don't allow other people to make those issues for you while you're helping disabuse them of the biases they have about women.

ELLE: Your family had a close relationship with Oscar de la Renta. Did he give you great fashion advice?

CC: I miss Oscar so much and, you know, after my grandmother passed away, Oscar really was this grandfatherly figure to Marc and me. Marc lost his grandparents many years ago, and watching the relationship that Marc and Oscar had was really special to me, because he was this éminence grise but also so affectionate and a loving presence in our lives, particularly for Marc. So although Oscar was always giving me fashion advice – often in the form of just telling me what to wear, because I don't have a fashion brain – so much more of what I will always treasure about Oscar are his stories about how he made choices in his life and how he had forged his own path and how grateful he was to our country for enabling him to be the designer, but even more the person, who he wanted to be.

ELLE: You're a Clinton woman, so I have to ask about the hair. What happened to the pre-Raphaelite curls you had as a girl?

CC: I don't actually have curly hair any more. My curls, in my early 20s, just fell into waves. I don't know if they got tired of me, but the curls slowly subsided, and so now it's naturally a little bit wavy but… I miss my curls. I'm curious if Charlotte's going to have curly hair.

ELLE: Does she have much hair yet?

CC: No. Very little hair.

ELLE: Well, since she's a Clinton girl, I'm sure there will be a lot of attention to it when it grows in.

CC: Oh, yes, it's probably inevitable. I should apologise to her now.

ELLE: Who have been your role models? The natural assumption is your parents.

CC: But it's true. When I say that, people will say, 'No, really…' and I say, 'Yes! Really!'

ELLE: On the other hand, you had a close, personal relationship with de la Renta and with Nelson Mandela. You met Benazir Bhutto. It's not as though everyone else you've hung out with was a schlub.

CC: No, definitely not, and I've been so blessed in that regard to have had real relationships with people who have helped the world be more of the place where I'm excited for Charlotte to grow up in, even though we certainly have a lot more work to do. I think just because I was closer to my grandmother and to my mother that when people ask me who my role models are, I think about them, and particularly my grandmother because of what we talked about. She was determined to create a family for herself that she hadn't known growing up. She created a home full of love and warmth and provided her daughter with all of the opportunities and optimism that the world had not provided her. And her daughter goes on to run for president! I think that is a remarkable arc, and my grandmother is the linchpin of that arc.

ELLE: By the time this article comes out, your mother will most likely be decisively running or not running [Hillary confirmed she would be running for president on 12 April]. But for the record, which would you like to see? Your mother has suggested, in the past, that she was ready to step away from politics. Would you prefer to keep her for yourself and Charlotte?

CC: I have no doubt that whatever choice my mom makes, she'll be a great grandmother. And I mean that very seriously. I'm so grateful that I never doubted that I was the most important person in the world to my parents, whether we were living in the governor's mansion or the White House. I have no doubt that Charlotte will know how important she is to her grandparents, regardless of what choices her grandmother makes.

ELLE: Wouldn't you like Charlotte's grandmother to be the first female president of the United States?

CC: Ultimately, my mom's my mom. I want her to make whatever choice is right for her. My mom does have lots of people offering their opinions, but I'm lucky enough to be her only daughter, and I want her to know that most important to me is that she's my mom. ●

Photography: Paola Kudacki.

WHATEVER YOU'RE DOING...



SHOPPING TRIP



WORK READY



DATE NIGHT



DAY TRIP



GIRLS NIGHT IN



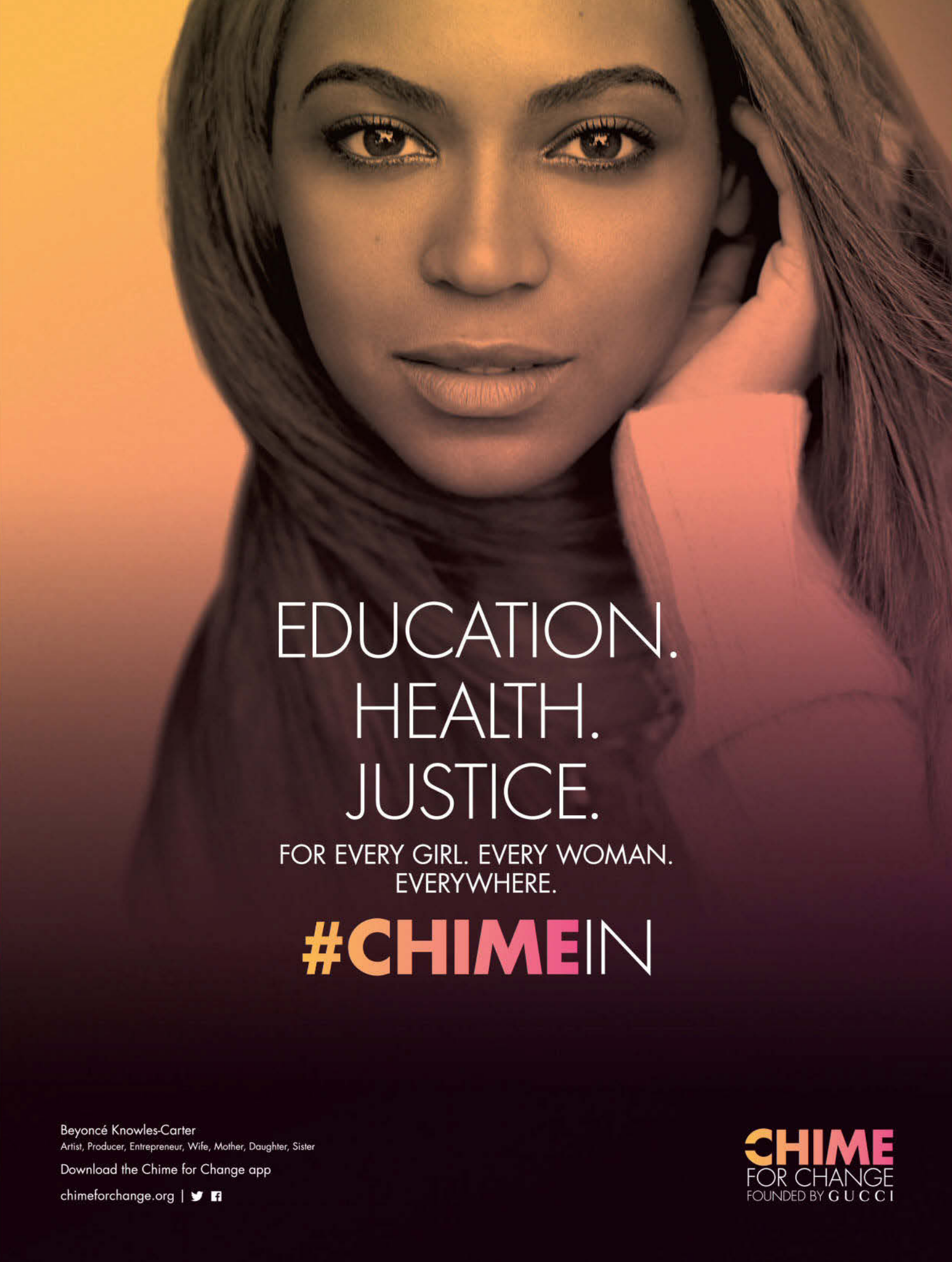
GIRLS NIGHT OUT

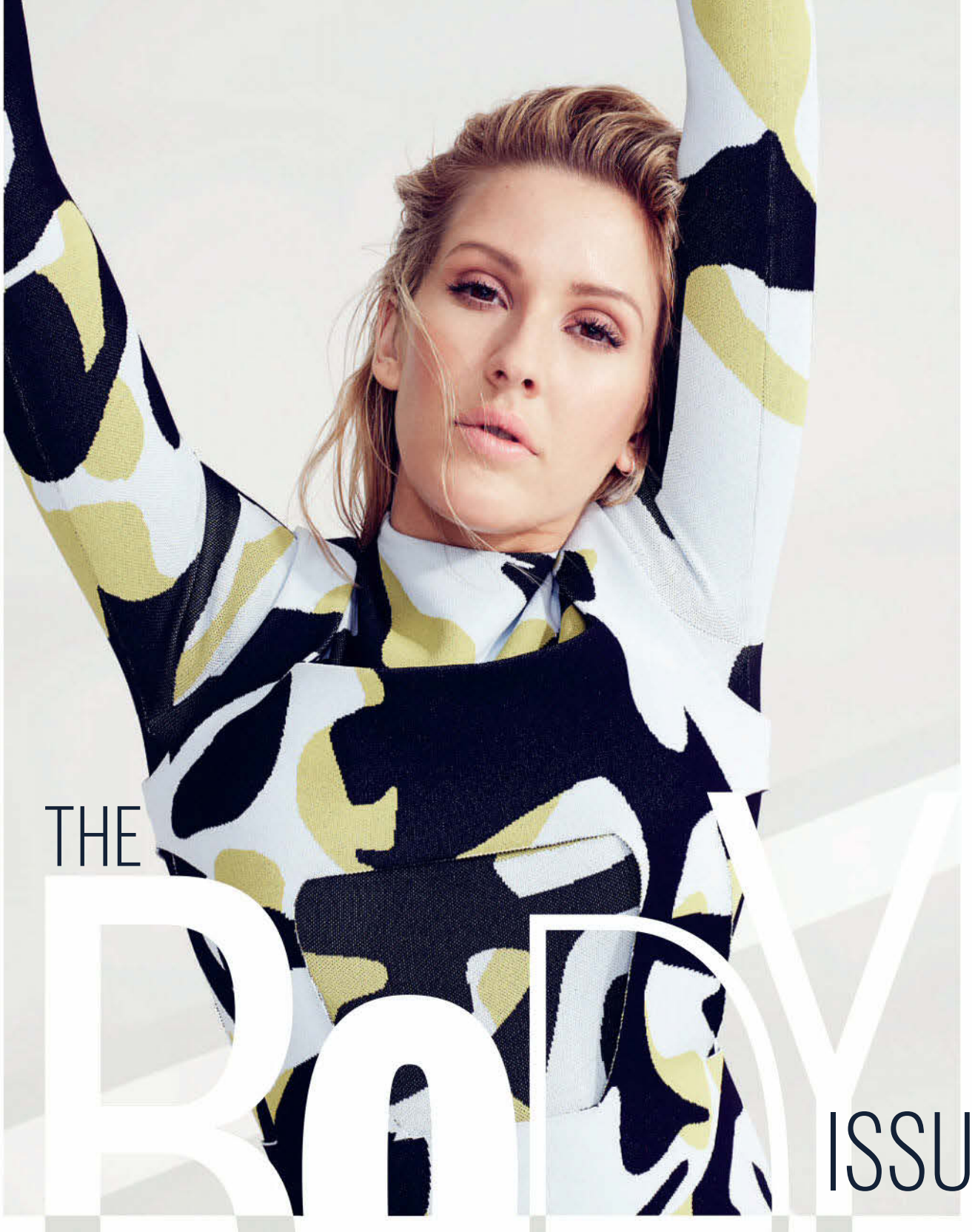
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THE BODY ISSUE

Welcome to ELLE's body special. *Inside these pages you'll find a group of amazing women* ***reclaiming and redefining*** *their bodies on their own terms. This is a* ***celebration*** *of loving your body* ***without changing*** *anything but your state of mind*

Photography: Aitken Jolly. Wool jumpsuit and matching top, both Dior. For shopping details, see Address Book.



This page: Wool coat, Jonathan Saunders. Cotton-mix top and nylon bikini bottoms, both American Apparel. Leather boots (just seen), Acne Studios. Earrings (worn throughout), Ellie's own
Opposite: Silk dress, Jonathan Saunders

Ellie Goulding *has the voice of an angel, the body of an athlete and the most famous circle of friends in the world today. This is her moment. ELLE meets an inspiring woman on her way to even bigger success*



‘ALL I WANTED TO BE WAS STRONG’

Words **Louise Gannon** Photography **Aitken Jolly** Fashion **Anne-Marie Curtis**

@ELLIEGOULDING

In the Diptyque-scented calm of a Moroccan-style den off her sunlit kitchen, Ellie Goulding is trying – and failing – to stop herself from crying. We have spent the afternoon drinking cups of tea, talking about everything from her music to the father who left her, the women who protect her, the man she loves, her body and fitness philosophy, and her journey from a council estate in Herefordshire to worldwide success. I have just told her she should be proud of herself. This strikes a chord and she can no longer speak. In an instant, she looks less like a sassy, sorted star and more like a vulnerable child struggling with a hundred unvoiced emotions.

As tears roll down her face, she says: 'No one really says that to me. And yes, I am. I really am. But I think a lot of us – particularly women – push ourselves so hard to keep proving ourselves and still always think it's not enough, that it's all going to go and we need to be doing more. I shouldn't be crying about it, but I just can't help it.'

Ellie is having something of a moment. She is everywhere, from the soundtrack of *Fifty Shades Of Grey* (her single, *Love Me Like You Do*, is the most streamed track ever in a single week: over 15.4 million in seven days) to Nike's new *A Melody Of Movement* campaign. Her £13m net worth saw her make 8th place on *The Sunday Times Rich List* this year. She has 4.67 million followers on Twitter and 5.1 million on Instagram (and counting). She has two sell-out international tours to her name. Perhaps that's because Ellie has always been tuned in to the cultural zeitgeist. She sang at Prince William and Kate Middleton's wedding in 2011. She was doing Insanity workouts and electronic dance music (EDM) before they started trending. She counts Calvin Harris and Taylor Swift among her best friends.

But Ellie didn't simply find herself in the eye of the celebrity storm because she was born well-connected and rich. On the contrary – she has carefully and deliberately constructed this lifestyle to become the woman she wanted to be.

The determination with which Ellie worked to escape her council estate upbringing in Lyonshall, by the Welsh borders, where she shared a room with her two sisters (Isabel, now 30, and Jordan, 23, from her mum's second marriage; she also has a brother, Alex, 25) is illuminating. She taught herself to speak differently by copying the diction of newsreaders, endlessly reading and studying to get into the good local school. 'I was a real observer. I would watch everything. I'd notice everything, from how my friends at school dressed to what they ate at home.'

Her father, an undertaker, left when she was five. 'I wasn't a happy child,' she says. 'I felt different to everyone else. I'd separate everything. I'd have friends from my council estate and then these middle-class friends from school who I'd never let come back to my house.' It is pertinent that she has chosen to meet me at her own home, rather than in the impersonal hotel room environment so favoured by celebrities. Ellie's home is very much part of her story; it's something she's created and worked hard for. To see it, and to see her in it, is part of understanding who she is.

In the beginning, Ellie – with her distinctively haunting voice and those emotional, stripped-back lyrics – appeared to come from nowhere, yet her arrival was a carefully managed stealth campaign. Inspired by her heroes Björk and Kate Bush, she had been quietly slogging away, writing songs and performing them in local pubs and tiny music venues. By 19, her songwriting was assured enough to land her a publishing deal, but Ellie herself was a work in progress. Shy and insecure, she was unsuccessfully pushed in different directions, from pop princess to indie queen (luckily, most of it away from the glare of any publicity machines). But, ultimately, she gained the confidence to emerge as herself; in the end, it was all about the voice and the music. Her first single, *Under The Sheets*, released in 2009 on independent label Neon Gold, was deliberately low-key, but kickstarted the industry buzz. Her album moved to a major label, Polydor, and an appearance on *Later... With Jools Holland* and a support slot on Little Boots' tour followed. Within a year, she was the name everyone in the record business was watching. She won her first BRIT – the 2010 Critic's Choice Award (announced in November 2009) – even though she had yet to release her debut album. When *Lights* was released a few months later, in February 2010, it went straight to the top of the UK album charts. She was just 23 years old.

She is 28 now, and somehow has managed to become as big as she is without giving very much of herself away. It is assumed, for example, that she and Ed Sheeran were an item, and that she dated One Direction's Niall Horan. She smiles and shakes her head: 'I did go on a few dates with Niall but I was never in a relationship with Ed. I have absolutely no idea where that came from and why it was turned into such a big thing. I find it so frustrating that female musicians are constantly defined by the men they have or haven't dated. It's something I've talked about with Taylor a lot. She definitely feels that. She gets bothered by it. It's like, you can be a great artist, you can write great songs, but the thing that everyone is going to talk about is some relationship they think you have had or not had. It's definitely something we both think happens to female artists over male artists.'

Is her friendship with Taylor the real deal? She nods slowly. 'I've always had good instincts musically about the people who I should work with, the people who I actually like,' she says. 'I count her as a proper friend. She knows my sh*t, I know her sh*t. We text and speak on ›



Silk-organza top, wool skirt and leather boots, all Dior

Aitken Jolly

the phone pretty regularly. I think we have bonded over the way it can be tough as a woman in this industry because whatever else is going on, you always feel very judged – whether it's the length of your shorts, the relationship you're supposed to be in, or how you look. What I love about Taylor is that she is so strong. She says what she thinks, and she surrounds herself with a small group of people she trusts. She's been in this business for a long time and, despite the fact she is massive, she is true to herself, true to her family, true to her friends. She knows who she is and I really admire that about her [...] she gives good advice. She's a very cool woman.'

In the US, Ellie is viewed as part of the British aristocracy because of her connection to the young royals. '[In America] I always get asked about Kate and William,' she laughs. 'I have kept in touch with them and I have done a few things with Prince Harry since. Honestly, it still surprises me that I know them. I was contacted a few months before the wedding because they'd seen me at a festival. I was so taken aback and then, as the date drew closer, I kept reading stories that Beyoncé was being flown in or Lady Gaga was playing, so I told my management it was OK – the booking was just a decoy one and it wouldn't happen. And then it did. I started out feeling pretty terrified but everyone was just so lovely. I was with my band and we had the best night. It's still something I think about – being part of that amazing day and actually being there.' She shakes her head and laughs.

Ellie might not be aristocratic but she is well-spoken, and spends a large portion of her income on the stunning art that fills her cool, tasteful mews home in North London. Nothing – from the books to the paintings, to the many rugs and cushions – is too new and there's an easy effortlessness in the decor.

'I was always obsessed with making my own space different,' she explains. 'I'd pull pictures out from magazines and do drawings, which I'd pin up in the little space around my bunk bed. When I was a teenager I was a goth with dyed hair and piercings. I was obsessed with music, but in a different way. I had so much stuff inside of me; writing songs was a way of getting it out.'

She pauses. She lacks any ability to dissemble in any way. It makes her both very likeable and vulnerable. When she talks she tells the truth, good and bad. 'I was a classic angsty teenager. I was unhappy. I didn't like my stepfather because he just wasn't very nice to any of us. He wasn't horrible, he just wasn't interested.' Her mum has since remarried and moved away from Herefordshire. Ellie – who keeps in touch with her mum and siblings – kept her biological father's name. 'As a child, you think everyone else is having the perfect childhood, but as you get older you realise so many other kids go through this sort of stuff, which is why I don't mind talking about it,' she says.

'I block a lot of it out. There was a point when I could have gone off the rails. People around me, my friends, were getting into drink, drugs, everything. But I knew absolutely instinctively I wanted something else. I didn't think it would be singing. I was good at school, I loved reading, I was the first person in my family to go to university.' She left midway through a degree in drama at the University of Kent to try to make it as a singer.

Both of her sisters work in clothes shops. Her brother is in a band. We talk about her dad. 'After he left, I'd see him at weekends until I was about 13 or 14, but after that



Rayon dress and rayon-mix collar, both Cedric Charlier

Aitken Jolly

Hair: Lok Lau at CLM Hair & Make Up using Kiehl's Stylist Series. Make-up: Kirstin Piggott at Julian Watson Agency for Rimmel London. Manicure: Adam Slee at Streeters using Rimmel London. Set Design: Trish Stephenson at CLM. With thanks to: Spring Studios. For shopping details, see Address Book.

TRAIN LIKE ELLIE
We put in a call to Ellie's go-to fitness guru, Barry's Bootcamp Master Trainer Faisal Abdalla (@f_fizzle on Twitter) to find out what it takes to get that incredible body...

HIT IT HARD
To look like an athlete, you need to train like an athlete. 'Ellie's work ethic is amazing,' says Faisal. 'The training we do is dirty, hard and aggressive, but she always really enjoys it. She IS an athlete.'

MIX IT UP
Ellie works out three to four times a week. Together, they rotate three 45-minute sessions: boxing (her favourite), running and weights. 'It's important to keep the body guessing,' he says. She supplements this with classes such as Bikram yoga and spinning.

EAT RIGHT
Ellie is vegan and 'fanatical' about green juice, which she makes herself. She doesn't take supplements and rarely has protein shakes.

THE PLAYLIST
According to Faisal, working out to the right music is 'a must'. He's shared one of Ellie's favourite playlists exclusively with ELLE - visit elleuk.com/now-trending to check it out and turn your workout up to 11.

I stopped seeing him. I'd tell my mum I didn't want to. There was no connection, his heart wasn't in it. It was really obvious and all of us knew it. When it's like that, it hurts more to see someone.' She hasn't seen him since she was 19 and he has made no attempt to contact her or congratulate her on her success. 'I don't know what he thinks about my music,' she says. 'Apart from the fact I heard through my brother he was annoyed about some lyrics, who had bumped into him.' She shrugs.

Ellie has never been as happy as she has this past year, and that has a lot to do with her relationship with Dougie Poynter, the bassist in McFly (and, now, McBusted). At the mention of his name, she looks ridiculously loved up: 'Things just feel so right. We are insanely similar, we understand each other. He gets what I do, I get what he does. When I first walked into his flat, it was like walking into my own place because there are so many parallels in the things we like.' They recently got matching skull tattoos on their middle fingers.

She strokes her inked skull and I ask her if it is anything more significant. 'He is definitely the one forever,' she smiles. 'He's been through a lot [Dougie is teetotal after a battle with drink and drugs], and he has a quiet depth that I love.' He also, like her, had a father who walked out on him. She nods: 'When we first met, it took less than an hour [to talk] about that. It was definitely a big connection between us.' She pauses, then adds: 'And you know what, when I was a teenager, I fancied him but I thought he was so out of my league. Way too good-looking for me.' She laughs. 'Calvin [Harris] has already offered to play at our wedding. Not that we've organised one. But the offer has been made.'

When Ellie first became famous, she was riddled with insecurity: 'When I started out, I couldn't cope with it. I felt embarrassed by it. I didn't quite know who I was supposed to be. I was never confident in my looks. I hated my chin, my nose, my eyebrows. I was told by people at my record company to watch videos of other girls, like Little Boots, and Elly Jackson from La Roux, and try and look like them. I had panic attacks so bad I couldn't leave my flat; I couldn't bear people looking at me. I would worry that I would never be able to sing because I couldn't even get up. I was also horribly ashamed of myself because I felt like some sort of drama queen and all I wanted to be was strong.'

She credits her 'family of friends' with turning her vulnerabilities into strengths. 'I am surrounded by strong women. Two of my managers are women and my best friend Hannah left uni to be my PA. I learnt to push through it, to have perspective,' she says.

She has earned her own confidence. She now laughs at the fact she was called Jimmy Hill. She's come a long way. In the early days, such an insult would have floored her: 'I googled a photo of him and just burst out laughing. I think my greatest trait is actually my sense of humour.' She actually looks more like a young Stevie Nicks. She also looks incredibly healthy, with glowing skin and bright eyes. 'I feel amazing,' she says. 'I've been vegetarian since 2013 and vegan for [the past] year, which has totally changed my skin. I feel so much better for it.'

Anyone who follows her on Twitter or Instagram knows that Ellie's other passion is fitness. When she tours, she goes running with her fans. She combines Bikram yoga with Barry's Bootcamp (not for the faint-hearted) and random drop-in sessions at her local Fitness First. 'If there's a class, I just turn up. I don't care if anyone recognises me. If they do, I just smile. It's fine because it's like: "Yes, I am the same as you." I'm usually red-faced and sweating, but that's the joy of it. I actually love running with people when I'm touring; there's a real sense of camaraderie and all of us being in it together. As a woman, keeping my body healthy and strong is really empowering. My legs could be slimmer, but I love them because they are strong. I do think strength is beauty and I love that I am strong. That makes me happy.'

She stops and remembers something. It's a story about her grandmother, Nana Clark. 'I took her to one of Dougie's McBusted shows a few months ago. When she arrived she said: "OK, Ellie, first things first, before it all gets started, I just want to tell you I'm very proud of you."' The tears well up again. 'I think women should say it to women more often. Be proud of yourself, be proud of what you do. I have friends from my old estate who have become teachers and nurses. I'm so proud of them. And I'm proud of myself.' So she should be. ●

EXCLUSIVE VIDEO



WATCH IT
Ellie Goulding shares her favourite exercise moves at elleuk.com



Vintage Gieves & Hawkes shirt, Asos Curve jeans, adidas trainers, all Billie's own

BREAKING THE MOULD

Fat in fashion? Actually, yes. ELLE's ***Billie Bhatia****, 25, shares her journey in owning the most polarising of 'F' words, while working her way up the ranks of the fashion industry*

Photography **Victoria Adamson**

@BILLIEBHATIA

It was 2pm on a Monday when I was told I would be going to the British Fashion Awards, the Oscars of fashion. Normally it's only the Editor-in-Chief and the senior fashion team who attend, but ELLE needed an extra hand interviewing on the red carpet and, without thinking of the consequences, I volunteered. I had four hours to find an outfit. At the time, I was wearing ripped jeans and trainers – a look only made worse by my greasy hair and an absence of make-up. Cue heart palpitations, a minor panic attack and mega sweats. Any previous 'what to wear?' dilemmas I'd experienced in my life before then were rendered inconsequential. Ordinarily if you work in fashion, you're a sample size (or close enough) and can ask to borrow a dress. If you're not sample size, it's tricky.

I am fat and I work in fashion. When people find out what I do for a living, it is usually greeted with (poorly disguised) shock. Fat and in fashion? This cannot be. I never discuss my weight in terms of actual numbers. It's just not something I have ever been comfortable with; my mum doesn't even know. If I did a quick hands-up of who wants to divulge their weight, I anticipate a complete no-show.

My reasoning is that weight is just your gravitational pull to the earth, and I count my lucky stars that I don't live on the equator, or things could be a lot worse. If Kate Moss and I went to the moon, we would weigh roughly the same.

Growing up, the women I admired – Jennifer Saunders, Dawn French, Caitlin Moran and, more recently, my idol *du jour*, Rebel Wilson – weren't necessarily people of fashion or style, but they were everything I aspired to be: clever, witty and totally brilliant. Their voices were respected and admired without size or appearance being a prejudice; they were judged on talent alone, which they had in abundant supply.

Working in fashion was always a pipe dream – a very skinny and seemingly unobtainable one that I wasn't going to fit into. My dad used to laugh at me for watching *America's Next Top Model*, asking: 'Why are you watching this crap? Do you want to be one of these models?' (That is, until he watched an episode and cried because he was so happy that plus-size model Whitney won.) I didn't want to be a model, but I *needed* to be part of that world. I couldn't get enough. I loved the photo shoots, the ridiculous tasks Tyra Banks would set and, my favourite part, the final reveal of their best shot – the image that encapsulated a moment of transformation.

Fashion allows you to be whoever you want to be – not just the middle child in your eccentric Indian family – just by picking out a new outfit. So, in one week at university, I transitioned from Sloaney Pony to budding Beyoncé. (I can't say I did either particularly well – and Cowgirl Barbie was even worse.) But what really hooked me was the glamour: the parties, the couture, the air-kisses, that Faye Dunaway post-Oscars picture. I wanted to design the clothes, wear the pieces *and* take the pictures – basically run the whole show. But how? I knew nothing of it except the clippings that decorated my bedroom. I was awful at art and even worse at textiles. Central Saint Martins may as well have been Timbuktu, it was so far from my realms of reality. Those hallowed walls were for the edgy, the hipster and the dungarees-wearer. I was as round and conventional as could be. So I gazed ›

'But what really hooked me was the glamour: the parties, the couture, the air-kisses, that Faye Dunaway post-Oscars picture'



Topshop kimono, Asos Curve top and jeans, Office sandals, all Billie's own

from afar. Soaking it in and dreaming of being a Dolce girl, lost in my fashion fairy tale, but with no way of making it real.

I have always been a fatty. Let's just say my dress size and age have increased in correlation with each other. Weird, that. My only slender features are my perfectly sculpted eyebrows. And while there was the occasional bullying at school, for the most part I was safe. I was aware from a young age that I was considerably larger than my friends – they had their skinny legs and flat stomachs, and I cursed my dad every day for bequeathing his more rotund frame to me. It was an issue, but only internally; I never played out my insecurities at school. If someone made a nasty comment, I laughed at their joke and rebutted it before they could get a reaction. Once they realised they weren't winning, they quickly stopped. It helped that I was good at sport; I was in an unbeatable rounders team (for our season win, we were treated to McDonald's, much to my jubilation). We used to showboat when playing against particularly weak teams – cartwheels, backflips, forward rolls – and, as the captain of the team, I did roly-polies.

It wasn't until university, studying classics and law and living in a house of eight girls, that fashion really came into play. My housemates were my size-10 dolls; I was the stylist. The junk in my trunk meant I couldn't wear the clothes I wanted to, so I styled my friends in them instead. I've seen other plus-size girls pull off fashionable looks with sexy confidence and a 'don't give a f*ck' approach, but despite the compliments on my appearance, I couldn't muster the same defiant attitude. I knew what worked for me and was too scared to try anything different. It was same with make-up – there were those experimental years when I thought blue eyeshadow would catch on, but I just had to find what worked for me, which turned out to be lashings of mascara and the entire collection of Mac lipsticks.

That isn't to say I hid myself away. I flaunted my false eyelashes and, boosted by my (now fabulously dressed) housemates, I rarely felt out of place. But as I got older, I became aware that my appearance affected people's opinion of me. At a wedding when I was 20, I overheard someone talking about me: 'Have you seen the middle Bhatia sister? God, she looks a mess even though she's tried to make an effort. Who would ever think she looks good?' Amid their cackles and judgements, they hadn't realised that I was nearby in the queue for the loo. Before I'd even had a chance to speak, an assumption was made about me. I wasn't a person to them, I was just fat. I felt worthless and ugly. I ran back to my table and told my mum I wasn't feeling well, then left before there were more opportunities to be ridiculed.

However innocuous, these bruising moments reinforced every doubt I had about myself, and my fashion dream continued to recede. And so I pursued a career in law. Ever since I paraded around the house in my dad's wig and gown, I'd wanted to be a barrister like him. Also a larger-than-life character, his size never seemed to deter him – I think it made him even more terrifying in court. It was all going to plan until I got to law school and hated it. Again, the world of fashion teased at the edges of my imagination, but would they ever let in someone who looked like me? Being fat had become a large shield to hide behind, an excuse not to pursue the things I wanted to do. When I went home after completing law school, I decided to take a leap of faith.

My introduction to the world of writing came from my blog, From Fat To Fit Billie. My goal was to document my body change, then obviously everything would fall into place: I would have my dream job in fashion and I'd be happy. I was determined to show everyone that the fat girl they once knew was now thin and successful; not fat, single and a little bit lost. There were an abundance of



health reasons to lose weight, but the main incentive was that I didn't think anyone would take me seriously as I was.

Initially, I shed three stone. I was living at home, looking after my mum (who was ill at the time), and working in a bar in the evenings. I came into some money thanks to a generous tax rebate and, instead of investing it in the new-season 'It' bag, I decided to invest it in myself by hiring a beautiful personal trainer. I'd known him since primary school and he'd made a serious personal transformation that inspired me. He also made me laugh as much as he made me sweat, which was a bonus when I was ready to throw my kettlebells out of the pram.

But, truthfully, when I was blogging, the topic I found the most natural to write about was plain old me. I felt guilty about it, but the 100,000 blog views suggested I might be doing OK, despite not reaching the weight-loss goals I'd so stringently set for myself. Blogging was my release and provided a safe space where I could write things I didn't have the confidence to say out loud: 'This is hard', 'Life sucks', 'I'm scared', 'Sorry I ate the last piece of cake'. Regardless of what I wrote, there was always a comment that made me feel better, encouraged me and made me realise I could be successful if I just stuck to what I was good at: being myself.

The prospect of working in fashion was still terrifying, even with the support from my blog. The way I saw it, if I actually entered that world, there would always be the elephant in the room... namely, me. But if I was going to squeeze myself into the fashion industry, I was going to have to shape it to fit me, not the other way around.

It wasn't easy. When I finally landed my first paid fashion magazine job, aged 23 (after four months of interning), I felt validated – I had made it on my own merit. But of course, I was judged. My colleagues knew nothing about me, my hard work or even my two degrees. They just knew one thing: I didn't look like I belonged. It hurt. I felt like I had to work twice as hard as the women with honey-coloured hair and designer wardrobes, just to prove I was as good. There was one woman who passed me in the hallway every day and looked me up and down with an exasperated sigh, as she seemingly exhaled: 'Who let her in?' I decided to kill her with kindness by saying hello every morning, though I never got a response.

Once or twice, it got to me. I'd call my mum in tears and ask her why I was putting myself through this humiliation, just to do my job. After some sympathy came the tough love, between my sniffles I heard: 'Toughen up', 'Thick skin', 'Do your best' and 'I'm proud of you'. It made me realise that I might wear oversized shirts, only be able to walk in sub-3in heels, have constantly frizzy hair and always trade in my green juice for a full-fat Coke, but hit me with a fashion pop quiz and I will crush it (with my chubby hands and clammy palms).

With some restored confidence, I realised that I was wrong. Fashion is not just for the elite and the sample-sized – you should be able to enjoy fashion regardless of your class or body shape. My Asos bill proves it. I know that I don't want to wear a crop top and leather trousers, and that Saint Laurent just isn't for me. This season, I am all about the floaty, dreamy Chloé girl. I also know that Karlie Kloss and co are gifts from God and, while we are all self-conscious, we have to focus on the good parts... my eyebrows especially.

'If I was going to squeeze myself into the fashion industry, I was going to have to shape it to fit me, not the other way around'

When it comes to shopping, I don't shy away. Asos Curve is my Bible – it has an amazing design team that caters to plus-size women, and it doesn't naively assume we just want to wear wrap dresses and wide-legged trousers. Now, there are so many plus-size ranges on the high street, including those at Mango, H&M, New Look, Forever 21, Boohoo and Next. That isn't to say I don't go into Topshop or Zara, because I shop there too. I just figured out the styles that suit me: tube skirts, white shirts, floppy jumpers and more swing dresses than a choir. Without realising it, I have developed my own style. It used to be 'cover your body', but now I feel like I own it when I wear ripped jeans, a white shirt and trainers, because I'm comfortable. It might not be to everyone's taste, but it's mine, and that's what matters.

My fashion dream was nudged further in the right direction when I came to ELLE in the summer of 2014. My role is to assist the fashion team (that's a lot of people) in researching, transcribing, calling in clothes for shoots, interviewing celebrities and writing for elleuk.com, sweating in front of the steamer and, most importantly, ensuring everyone has their Burberry ticket when it comes to London Fashion Week. The team at ELLE has welcomed me more than I could have ever anticipated, looked beyond my appearance and taught me an important life lesson: fashion should not be put on an unobtainable pedestal, nor should those who work in the industry.

In the end, I gave up my struggle to find a new dress to wear to the British Fashion Awards and went with what I know – my lace Asos swing dress, Temperley London coat and Carvela boots. No one batted an eyelid at me and that's when I thought: 'I think I fit in now.' I watched the ceremony then giddily made my way over to the after-party, where I danced with Daisy Lowe, drank with David Gandy and was praised for my style by Hilary Alexander as she sang *Oliver!* songs to me.

I've learnt that there's not just one type of person, no standard look or conventional approach to anything. That's what fashion is about. Finally I've discovered a place where I fit in, and it is the place I never thought I'd be accepted. I've founds friends, support, guidance and a lot of laughter. We are all kindred spirits, not bodies. ●

Read Billie's blog at fromfattofitbillie.blogspot.co.uk

TWEET IT Have you felt judged at work because of your appearance? Tweet us @ELLEUK

Photography: Victoria Adamson. Hair: Fabio Nogueira at Frank Agency using Ojon. Make-up: Laurey Simmons using Chanel S 2015 and Chanel Body Excellence. Manicure: Jessica Thompson using Essie.



Photography: David Slijper. Fashion: Anne-Marie Curtis

HARDER, BETTER, FASTER, STRONGER

*For years, **Ruby Tandoh** went into battle with her body, starving and purging it in anger. But then she turned her body into a 'doing thing'. This powerful story of rebellion is one every woman should read...*

@RUBYTANDOH

At 13, high on MTV and bubblegum and a copy of *Nuts* lads' magazine that I'd found on a bus, I stood square in front of the mirror and devoted myself to really looking for the first time. My hands clutched at the softness of my stomach, digging my blunt nails into flesh. I inspected each fat fold and spot, saw a small birthmark in the shape of Italy tucked into the curve of my waist. I choked at the sight of a single dark hair curling from the knuckle of my left big toe. The morning light snagged on my hip, sending the shadows of each lump and bump sprawling across my skin. The mirror soon became my faithful accomplice, pressing me flat between the sheet glass and the wall, offering up my body to be judged. Each day, goose-pimpled in nakedness, I fell back through the looking glass.

Until then, I'd been blind to my body. I hadn't noticed the fuzz of hair covering my legs, even as it began to creep up between my thighs and into wispy curls. I'd never realised that my bum sat heavy, incongruous, or that my shins were spindly, meeting at knock knees. I wore open-toe Velcro sandals and a 'sk8r girl' T-shirt to the Year 7 school disco. I was safe in ignorance. I had an eye for the grotesque, though – grazes and blue-black bruises – which set the tone from the moment of that first mirror epiphany. The more problems I saw in my reflection, the more enthralled I became, until my skin was a rash of imperfection, my whole body an itching scab. I ached to pick myself apart; each time I tried, my mum would tenderly piece me together again.

Not every moment of this new body consciousness was so tortured. There were days when, eyes squinted, through the creeping mist of my breath on glass, I loved what I saw. But just as easily as it came, the image slipped away. The road to body confidence was, more than anything else, just boring in its shaving, plucking, scrubbing, threading and painting routines. Life's utter banality revealed itself to me one day, shivering on the bathroom floor with half a home-waxing kit stuck to me, too scared to rip it off.

But by the end of my teens, I was a master of illusion. I could slather my skin with creams and powders to leave it smooth with no trace of teenage acne. Through trial and error, I found ways to fill out my bra cups (tissues – too itchy; second bras – uncomfortable; my sister's socks – just right). My sorcery grew more potent each year. Slowly, I became skilful in the art of making food disappear: hidden in pockets, magicked to the bin when my parents' backs were turned. At the height of my illness, I'd coax each dinner back in reverse; slow motion from stomach to throat to the toilet bowl, stinging acid on my tongue.

I pitted myself against my body because I didn't have the courage to turn my anger outwards. I blamed my long neck and flat feet for my awkwardness. I found my own limbs guilty of treachery. When I was dumped once, I was sure that it was because of my hair, with its unruly, frizz-fattened curls. My body was my battleground.

And yet, I won't listen to a narrative that tells me this turmoil was just the inevitable result of a body throbbing with hormones and sex. I refuse to be told that vanity was the cause of my eating disorder or that it was a personal problem for me to deal with behind closed doors. I won't stand accused of my own sabotage because at every step of every girl's life, control of her body is wrested from her hands. ›



Ruby wears: Nylon jacket, £135, and nylon-mix leggings, £68, both adidas by Stella McCartney

At 17, I was briefly a model. I stood in the offices of a London agency having my measurements taken and listened obediently while they told me to run, eat healthily, and lose padding from my underweight frame. Friends' mothers told me to plump up. Friends with full breasts put my flat chest to shame. I passed that shame on to girls whose stomachs were rounder than mine, whose skirts clung tighter across their thighs. I watched as magazines scrawled red circles around celebrities' bodies and imagined those lines traced in bold on to the skin of those same women later, guiding the surgeon's knife. I saw men's faces crinkle in disgust as they talked about some hairy Mary, some tramp, some slut; I unflinchingly aped their words, became complicit.

Like every girl I knew, my body was torn apart by this tug of war, stretched between fat and thin, virgin and whore, slattern and domestic goddess. Each time I returned to the mirror, I held myself to a thousand contradictory standards. Pithy slogans cheer for body confidence, but only with the whispered appendage 'within reason!'; treacherously fine lines dictate when we become 'too' big, 'too' sexy, 'too' eccentric. You can't win in a game rigged against you if you play by the rules. So we revolt.

My first protest was to eat. I quit modelling and a toxic relationship. I filled a trolley with pizza, ice cream, biscuits – all the things I'd kept myself so far away from for so long, as though proximity alone was enough to send the calories careering into my mouth and on to my hips. It took the cupboards to be filled with forbidden fruit for me to realise that my temptation didn't need to equal compulsion. I learnt to cook and to really taste again, through fudgy brownies, garlic-laced potato dauphinoise, honeyed soda bread spread thick with butter. Instead of pushing fingers to the back of my throat, I ran my hands tenderly over the bloat of my post-feast stomach.

Another rebellion was to retire my razor. I watched my legs roughen with stubble and grow bristly, before softening to a luxuriant haze of fur. I still stop short of marching my hairy legs triumphantly through the streets, though. My bravery doesn't stretch that far. But still, the sight of other women's defiantly furred upper lips, wiry bikini lines and peach-fuzzed cheeks gives me courage.

I have friends whose armpits are thick with fur; friends whose tattoos sprawl jubilantly across their backs. I know people who refuse to let their dress be dictated by the body they were born in, wrapping themselves in men's shirts, boxer shorts and skintight skirts all in one breath. My friend Bethany declared on her 'fatshion' blog (archedeyebrow.com), in defiance of those who want her to apologise for her weight: 'I am fat. That is fine.' Even a selfie is a radical act, holding our self-image close, out of reach of grasping hands. We claim back our own skins immoderately and impatiently.

'Slowly, then, energised by the bravery of the women around me, I learnt to eat well, dress as I wanted, look as I pleased. My reflection stopped warping under the weight of my insecurities'

Slowly, then, energised by the bravery of the women around me, I learnt to eat well, dress as I wanted, look as I pleased. My reflection stopped warping under the weight of my insecurities and the fairground mirror view of myself – alien and grotesque – was pushed aside by a truer likeness. And yet as long as the mirror was the barometer of my body confidence, that confidence was stuck in two dimensions. What I looked like always came first; what I said and did were secondary. Narcissus drowned in his own reflection – it made little difference that he felt good about himself as he sank. My journey towards body confidence would have to be about far more than just what I could see in the mirror, and my rebellion couldn't just be skin-deep.

It was just outside of Lisbon, a couple of years ago, when I first had this realisation. I was hiking through the woods in too-tight shorts and flimsy sandals; smelling of sweat, feet blistered. I'd threaded a path through the forest for hours into nothingness, and with greasy hair, grazed elbows, dark circles creeping across my T-shirt under my arms; I'd never felt so real. I was moving, feeling, testing my body – not just seeing it – for the first time in a long time, and it was electrifying. By mobilising my body, I was making it mine again. I'm not just something to be looked at. My body is a doing thing.

There are lots of things that my body can do. Now, I run around north London when the air is warm, stretching my limbs out in long strides. I'm not interested in fitness – this is about pleasure in my messy, hairy, lumpy, (sometimes) smelly, imperfect human body, just as it is. My period aches in my belly, tight as fists. A sharp pulse jumps through me when I reach out to press tentative fingers into a lover's palm. I can whistle loud with my lips pinched tight. I can hold pencils in the folds of my stomach. When so much of my value as a woman is predicated on poise and placidity, the most radical protest I can stage is to keep on doing.

I don't love everything I see in the mirror now, but I don't have to. The physical trace of each knock in my life is written in my skin: hands patched with oven burns, feather lines etched into my wrists, a broad scar arching across my thigh. My knees are still bulbous and my palms are rough with callouses. These are all part of me. I'm no longer a stranger in my own skin. I like my body because, as my teenage sister begins to face her reflection head-on for the first time, I want to lead by example. I like my body because I owe that to my mum, who saw the good in me long before I knew how. I like my body because it's not just mine, but me.

TWEET IT
How have you learnt to love your body? Tweet us @ELLEUK

Photography: Victoria Adamson. Hair: Fabio Nogueira at Frank Agency using Ojon. Make-up: Laurey Simmons using Chanel S 2015 and Chanel Body Excellence. Manicure: Jessica Thompson using Essie. For shopping details, see Address Book.



EXCLUSIVE

Be holiday ready with

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You loved it so much last year, we've brought it back. Free with this month's ELLE, it's your holiday essential: a Malin + Goetz travel gift set, worth £10*.

This cult US brand synthesises natural ingredients with gentle technologies, making its products suitable for even the most sensitive skin. Your exclusive Malin + Goetz set contains its Grapefruit Face Cleanser, great for everyday use; the lightweight, oil-free Vitamin E Face Moisturizer, perfect for intense hydration after a day in the sun; and the Lip Moisturizer, formulated with absorbent, nourishing ingredients for long-lasting protection.

Together they're ideal for all your summer skincare needs, and in one airport-friendly zip-lock bag.

Exclusive to Space NK customers! *Receive a complimentary Malin + Goetz Essential Kit (right, worth £20) when you spend £60 or more on its products at uk.spacenk.com. Simply quote ELLEJULY at the checkout. This kit features six of the brand's most covetable products** in travel-friendly sizes. Offer available while stocks last.*



Photography: 3 Objectives, Jason Lloyd-Evans. *Gift not available with digital, model, export or bumper editions. **Pack includes: Grapefruit Face Cleanser, Vitamin E Face Moisturizer, Bergamont Body Wash, Vitamin B5 Body Moisturizer, Peppermint Shampoo, Cilantro Hair Conditioner.



She's the size-18 supermodel who wants to make you love your back fat. Meet ***Ashley Graham****, the self-proclaimed 'body activist' on a mission to make us all confident in our bodies, at whatever size*



This page: White cotton top, Gap. Black satin bra (worn over top), Chromat. Black polyamide-mix leggings, Lucas Hugh. Gold earring, Hall
Opposite: Polyester-mix T-shirt, and nylon swimsuit, both American Apparel. Ceramic watch, Chanel. Gold and diamond ring, Gemporia

MEET ASHLEY: THE BODY ACTIVIST

Words **Janice Turner** Photography **Jason Hetherington** Fashion **Michelle Duguid** Beauty **Sophie Beresiner**

Nothing is small about Ashley Graham. There is her ripe, bountiful body, which, the first time I see her, is poured into a skin-tight surf suit. There is her energy, which is huge: she propels herself between poses, eyes flashing, legs pumping. And, unlike many models, who off-duty fade into the wallpaper, her personality fills a room.

As we sit down in her hotel bar that evening, Ashley orders a large glass of red – 'something full-bodied and spicy' – and performs part of her recent TED talk for me. Not content, at 27, with being one of the world's leading plus-size models (though she balks at the term: 'I'd prefer simply "model"'), she sees herself as a body activist. Her mission is to combat the self-loathing too many women feel for their thighs or breasts or butts.

In the talk, she walks on stage and addresses herself in a full-length mirror. 'You are bold, you are brilliant and you are beautiful,' she says. 'Hey, back fat. I see you, back fat. You're not going anywhere, and I don't mind, because I love you. Thick thighs, I know you're always gonna be thick. You're so thick because you just can't stop touching each other. Cellulite, it's all right, cellulite. You may take over my whole bottom half, I don't care. I'm going to embrace you today because I love you.'

As she recites this mantra in her lovely, low voice, it's hard not to be moved. Because this is no PR spin. It is the story of how she accepted her body, and she wants other women to do the same. Ashley's face is exquisite: her generous mouth and strong brows make you wonder if she is Brazilian or Italian. (In fact, she is from Lincoln, Nebraska, and German on her mother's side.) But at 5ft 10in she is over 14st, a UK size 18. Her model card states she is 38E-30-46. Her flesh congregates on her lower body. 'It's all on the butt,' she says, and lets out her ready, raucous laugh. 'Honey, you should see me twerk!'

Her body has always been both blessing and burden. She had curves at 12: she recalls a family holiday to Cancún where, dressed in a bikini top and cut-off shorts, predatory forty-something men surrounded her in a bar. Her father was livid. She was bewildered by the attention.

That same year, she was scouted by an agency. Straight away, they had her as 'plus-size'. Not because of her weight, but her build. She holds up a sturdy wrist: 'Look at my bones!' Despite the bar incident, her parents had no reservations about starting her career so young: 'They could see how much I wanted to do it. I'd tried sports and dance classes but this was something I had a passion for.'

Her first job, aged 12, was a lingerie ad, modelling a sheer bra – they had to airbrush out her nipples. Her first magazine shoot 'was how to dress for your body shape and I was "cantaloupes/large breasts". This is in eighth grade [age 13].' Someone at school saw her picture and pointed out a fold of flesh behind her knee. 'She said, "Ew, what's that fat fold?" From then on, I was called "the fat model".' But she embraced it: 'I'm not the type of person to wallow in my sorrow. And I haven't really looked back.'

Growing up, her weight wasn't an issue. Her mother and two younger sisters are all tall and big-boobed. But they were all active, played football and basketball; they ate home-cooked food. Moreover, they were a jokey, happy family who gave Ashley resilience. Her father, a business consultant, would return from a long trip 'and he'd be like, "I'm home to the House of Hormones."'

'You're pretty for a big girl' was the story of her adolescence. But she never dieted, instead welcoming her voluptuousness. 'At high school, all the boys were so intimidated. I was, like, this woman walking into the room. I had big curly hair that I let hang out. I dressed really sexily: a cross between Ginger Spice and Scary Spice. I mean, leopard capri pants with my boobs out.' Older guys just wanted sex. At 15, one date tried to lure her naked into a hot tub; she refused. Her parents insisted she was always home by 10pm.

In her teens, she travelled with her mother, mainly doing catalogue shoots. What bliss, I say, to be an international model, yet able to eat. (At the ELLE shoot she enjoys meatballs and quiche, then goes back for seconds.) She once briefly lived in a house where the 'straight' (as she calls them) models would take diuretics to lose weight. She was even accused of stealing food. 'I said, "I've been out all day." She said, "I know it was you." She thought I must have eaten it because I'm the big girl.' Ashley laughs. 'They were all starving and not working. I was a US size 14 [UK size 18], eating and earning a fortune.'

Then at 17, she went to live in New York alone and went wild. 'I did everything. I went to all the model parties, with celebrities offering me alcohol and drugs. I was having a good time. Boys everywhere, you know, succumbing to all the vices, and it kind of tripped me up.'

Moreover, her weight ballooned to over 17st and, for the first time, Ashley hated her body. 'I would be like, "My butt is such a weird shape." I didn't like that pouch every woman has on her stomach. Or the cellulite on my arms.' She had no particular food weakness; she just loved eating and never knew when to stop. She tried every fad diet, from cabbage soup and juice cleanses to cutting out carbs, but could stick to none of them for long. The trouble was, hunger makes her bad-tempered: 'I was so "hangry" on the shoot this morning,' she tells me. 'I masked it well, but inside I was like, "When is lunch?"'

No matter how big she grew, she was always booked: European clients sometimes asked her to lose weight; US ones didn't care. But her size was making her unhappy and unhealthy, so she regained control. She started ›



Jason Hetherington



Previous page: Neoprene wetsuit, Duskii. Right ear: Gold earring, Valery Demure. Left ear: Gold hoop earring, as before. All other earrings, Ashley's own. Right hand: Gold ring (on ring finger), Laura Lee Jewellery. Gold ring (on little finger), Chanel. Left hand: Gold and diamond ring, as before
This page: Polyproplene jacket, Moncler. Elastane-mix sports bra, Marks & Spencer. Polyamide-mix bikini bottoms, Topshop. Rubber hat, Hunter Original. For shopping details, see Address Book. Hair: Lyndell Mansfield at CLM Hair & Make Up using Purely Perfect. Make-up: Kim Brown at Premier using Chanel S 2015 and Chanel Body Excellence. Manicure: Tinu Bello at One Represents. Model: Ashley Graham at IMG. With thanks to: Lock Studios, London

Jason Hetherington

@THEASHLEYGRAHAM

IN HER WORDS:
THE WORKOUT
When it comes to getting *that* body, Ashley tells it like it is...

DO YOU WORK WITH A TRAINER?
Yes, when I'm in NYC. His name is Terrell Stanback (Instagram: @mrshockrawfitness). He puts me through intervals of intense, boot-camp-style workouts.

HOW OFTEN DO YOU WORK OUT?
Every week is different because I might be travelling, but about two to three times a week. Sometimes more.

WHAT DO YOU DO IN A TYPICAL SESSION?
I start by stretching, then run for 30-40 minutes. I like to stretch immediately after that to stay limber. Then I'll do a variety of squats, lunges, various arm and ab exercises, and stretch again.

WHAT'S YOUR FAVOURITE EXERCISE?
Right now, I'm in love with this new class in NYC called AKT (aktinmotion.com). You forget you are working out for an hour – you feel like Beyoncé.

DO YOU TAKE SUPPLEMENTS?
Just vitamins.

HOW DO YOU GET MOTIVATED TO WORK OUT?
I think of the next lingerie job I'm shooting...

going to the gym – and she gave up sex. A break-up with an unpleasant boyfriend had left her feeling bruised: 'I had to reclaim my body, my sexuality and my image.' She told every man she dated that she wouldn't sleep with him until they were married. 'It was the best thing I've ever done; you don't wake up with regrets. I'm not having a man decide what he's going to do with my body; I'll decide.'

Her weight stabilised and within a year she'd met her now-husband, Justin Ervin, an African-American videographer, at her non-denominational church. He agreed to her terms. 'There were moments when we wanted to... Oh my god, it was so hot! People asked why I didn't want to road test the car before I bought it. But our make-out scenes, that was testing the car.' And the wedding night? 'Oh yes!' she cries, so lustily that I blush. That was her first time in over a year. Married now for almost five years, they live in hip Park Slope, Brooklyn, although Justin wants to move to LA. Ashley is thinking about 'popping out a couple of kids' in a few years.

Her weight hasn't fluctuated in five years. I ask what she eats and I'm surprised by her Gwyneth-esque green juice for breakfast and grilled fish with salad for dinner. 'I like to eat clean. There's a history of diabetes in my family, so I avoid sugar. But I also like wine, and I will have a piece of cake at lunch sometimes, as I did today. I'm not going to control my life with food – I'll enjoy what I want.'

Ashley is equally serious about exercise: 'But I'm never looking to be thinner, only firmer and stronger. I love my curves and only want to enhance them.' Depending on her schedule, she works out two to three times a week with her trainer, Terrell Stanback. 'I do boot-camp-style workouts and take classes such as barre, yoga and AKT [a workout incorporating yoga, dance, strength training and plyometrics]. My husband and I ride our bikes around Brooklyn in the summer. I like to trick myself into working out.'

Since she signed with IMG Models in January 2014, her career has soared: from shooting catalogues, the mainstay of plus-size work, she's appeared on the cover of ELLE Québec and was the first bigger girl to appear in *Sports Illustrated* (admittedly, only in an ad). Considering the latter pretty much defined the idea of the beach body, her inclusion was nevertheless a seriously big deal.

When the internet exploded with a row over Protein World's much-contested 'beach body ready?' ads in April, Ashley's response – a picture of her taking off her bikini top next to the words 'Are you ready for this beach body?' and the hashtag #curvesinbikinis – felt like the perfect answer. 'I hope women see me embracing my curves in my bikini and feel empowered to do the same,' she added. 'I have no reason to hide, and neither should any woman. Curves and confidence make a sexy combination!'

She is the perfect spokesmodel for a moment when women are increasingly cynical and angry about fashion edicts, that they must strive for a super-thin physique. Almost uniquely among plus-size girls, she mainly models lingerie and swimwear, exuding sensuality and joy. Her big break was in 2010 when she appeared in a TV ad for Lane Bryant underwear, sizzling in a lacy red bra. Prudish US networks ABC and Fox networks banned it, making her an instant YouTube hit.

Even so, the tyranny of the 'sample size' makes it hard to use non-skinny models: stylists often have to cut garments at the back so Ashley has something to wear. But fashion, she believes, is starting to loosen its strictures about the perfect shape: she points out designers such as Vivienne Westwood that now produce XXL sizes. Yet she wonders why, despite her gorgeous face and burgeoning fame, she can't get a cosmetics contract. Or take part in a catwalk show: 'I'm ready, baby. I've got the strut!'

Instead she promotes her career through other channels. Her ambition is to be the first plus-size model entrepreneur. She has created a bra range for Navabi, which is 'super-sexy, but also keeps these ladies' – she hoicks up her bosoms – 'where they should be'. And on Instagram, she posts pictures of herself doing fierce workouts for her Curvy Fit Club because she wants bigger women to exercise without worrying about wobbly bits.

Men have always adored her body: 'They write and say I'm hot. Or that "my wife is plus-size. Thank you for embracing your curves."' It is women who post the negative comments: 'They are like, "You're helping to make obesity glamorous."' So how does she answer this? The Western world is, after all, getting dangerously fat. 'But there are also women who are getting thinner and thinner,' she counters. 'I don't promote anorexia *or* obesity. I promote health. And healthy at whatever size your body needs to be.' It's all in her TED talk, she says: 'There is no woman like you. Be authentic. Be you. Be real.'

EXCLUSIVE VIDEO



ELLE **WATCH IT** See Ashley's words of inspiration at elleuk.com/now-trending



Sarah opts for a stylish take on s/s 2015's boho trend



FASHION FORWARD

Two fashion lovers — one a regular the other a newbie — reveal why French fashion site ***Vestiaire Collective*** *is now their go-to for pre-owned designer shopping online*

SARAH JAGGER, MAKE-UP ARTIST AND BEAUTY BLOGGER

When it comes to fashion, do you follow that season's trends or tend to stick to your own style?
Well, I work in fashion, so I can't help but be inspired by trends, but I'd rather look like myself and not everyone else. I don't like things that are too girly, I like structured tailoring. When I'm shopping on Vestiaire Collective, the designers I search most for are the ones I know fit my body shape and style exactly.

Such as?
I practically live in Helmut Lang — I know the style and cut suits me. There's a lot of Isabel Marant on the site, which is also great as I'm a big fan of the more bohemian things she does. And I love Balmain. If I'm looking for something specific I can set up an email alert — when it comes up, it lets me know right away. And the app is so easy to use. If I'm looking for a white jacket, say, I can filter my preferences, scroll through them all and find the right one easily on my phone.

And now you sell on the site as well.
I began with buying, but actually I think I started selling almost right away! It just made sense. I think I'm someone who's always going to have a big wardrobe — but selling as well as buying lets me edit it as I go along. It's a constant evolving process and Vestiaire Collective makes it really easy.

Do you recommend Vestiaire Collective to friends?
All the time! I just told a friend who wants some new-season Isabel Marant trainers to look on the site. Once people start using it, they're hooked.

'Selling as well as buying lets me edit my wardrobe as I go along and Vestiaire Collective makes it easy'



Above: Fringed dress, Maje. Leather bag, Burberry Prorsum. Leather boots, Chloé. All from Vestiaire Collective **Left:** Cotton T-shirt, Dolce & Gabbana. Denim skirt, APC. Nubuck leather jacket, Burberry Prorsum. Leather sandals, Alaïa. All from Vestiaire Collective **Right:** Nubuck leather jacket, as before. Denim skirt, as before. Metal bag, Yves Saint Laurent. All from Vestiaire Collective



Luxe accessories add polish to a casual look



Dress up shorts for evening with a classic white tuxedo jacket. Bold accessories add instant impact



'Vestiaire Collective is dangerous! I was tempted to start shopping immediately'

Left and above: Printed shorts, Carven. Box bag, Charlotte Olympia. Jacket, Gucci. All from Vestiaire Collective. Jewellery, Pheobe's own. **Right:** Cut-out leather sandals, Louis Vuitton. From Vestiaire Collective. **Below, left:** Brocade coat dress, Simone Rocha. Leather wallet, Prada. Animal-print flats, Céline. All from Vestiaire Collective



PHOEBE COLLINGS-JAMES, ARTIST AND MODEL

Was this your first experience of Vestiaire Collective?
I knew about the site because I'm always drawn to designer vintage over anything else — it transcends trends and feels really special — but this was the first time I'd properly explored it. It's dangerous! [laughs] I was tempted to start shopping immediately!

Did you find the site easy to navigate?
I found it really easy to use. It has a very curated feel, as if thought has been put into presenting it in a way that would appeal to buyers, and there was something on every page I liked. I also liked knowing that while items have been pre-owned, they're good quality and you know they're authentic, which you don't always get online.

You picked some great 1970s-style pieces. Is that a big influence for you this season?
No, I think I've just come back into fashion [laughs]! I'm always drawn to those sort of styles, especially in summer when it's fun to wear really bright colours and bold shapes.

You seem particularly keen on a bold accessory...
Yeah, I don't really wear much jewellery, so I kind of like bright, somewhat gaudy bags and shoes. I love things like the Louis Vuitton sandals (above) because then you can be wearing jeans or something quite simple and make it look fun.

So will you be buying and selling on the site in future?
I've already started!



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Pre-owned Balenciaga jacket



Pre-owned Jimmy Choo bag



Pre-owned Yves Saint Laurent shoes

BUYING

Over 1,500 brands listed
Means there's always plenty to inspire and explore

Over 1,000 pieces added daily
With more than 200,000 items available online at any time

Curated edit
All items are carefully selected to deliver the best collection of fashion finds

Manually checked by in-house experts
Every single item sold is quality checked before being sent to buyers

Up to 70% off retail
Source great vintage finds, limited-edition and current season pieces at great prices



QUALITY ASSURANCE

Authenticity and quality are at the heart of Vestiaire Collective. With an active mission to combat the trade of online fakes, all sold items are checked before sending to buyers.



SELLING

A chance to detox your wardrobe
Recycling let's you enjoy a seasonal fashion refresh with a feel-good spin. Win win!

No bidding keeps things simple
Setting a fixed price ensures you'll make the profit you want when an item sells

Free shipping of sold items
No hidden costs on the final sale price

Great commission rates on selling
An average fee of 25% is lower than with many competitors

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An end-to-end service for smooth, hassle-free selling. Email conciergelondon@vestiairecollective.com for details

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Acne Studios
Victoria Beckham
Saint Laurent
Sandro
Sophie Hulme



Above: Silk jumpsuit, Yves Saint Laurent. From from Vestiaire Collective. Sandals, Phoebe's own. Jewellery, as before **Top right:** Clutch, Charlotte Olympia. From Vestiaire Collective **Below:** Fitted blazer, Helmut Lang. Vest (just seen), Carven. Both from Vestiaire Collective. Jeans, watch and jewellery, Sarah's own. **Bottom left** Leather clutch, Céline. From Vestiaire Collective. Other items, as before

THE LOWDOWN

Give your wardrobe the ultimate refresh with Vestiaire Collective

The beauty of fashion is that it never stands still. Likewise, personal style is similarly ever-evolving. No wonder Vestiaire Collective — Europe's leading online marketplace for curated pre-owned and luxury products — has proved a hit with style savvy fashion lovers since its launch in the heart of the world's great fashion capital, Paris, in 2009.

The site was born from a desire by Fanny Moizant and her co-founders to launch a platform where authentic designer and premium high-street goods could be found it one place. Six years on, it boasts over three million members from 40 countries all over the world. With every item checked for quality and authenticity you can be sure of a superior shopping experience. But Vestiaire Collective is also home to online editorial features, expert style advice and an active online community making it a source of inspiration, too. Welcome to your wardrobe game changer.



TRY IT! Enter ELLEUK15 at checkout for£15 off orders over £100*, until 9 July 2015. Visit vestiairecollective.com

*Offer valid for new and existing Vestiaire Collective members. Only one discount per reader. Offer ends midnight (GMT) 9 July 2015. For full T&Cs visit vestiairecollective.com

SEE IT
Follow Emma on
Instagram @addiepray



#GIRLINTERRUPTER

Emma Forrest misses a lot of things, but her pre-baby body isn't one of them

I remember, after the birth of my daughter, leaving the house for a tentative walk for the first time. I had made it two blocks when I saw a familiar man on a familiar scooter. It was a comedian I'd had a three-night stand with when I was at the absolute peak of my physical powers: my lowest weight and highest boobs. Seeing him, I hung my head. Not because I yearned for my previous body, but because I was shocked to have my previous life – a few months of wild abandon – bleed into my new domestic setting.

Despite all the good things having a child makes you feel, there can be a vague sense of missing once you become a mother. In our patriarchal society, it's considered sacrilege that women might have afternoons of daydreaming about their old life. Instead we say the thing we miss is our old bodies, because we'll get less judgement for it.

The main physical surprise is that your stomach doesn't deflate right away just because the baby is now outside it. It was such an odd sight, that empty stomach. I tried not to look at it, as if it were a goddess in a Greek myth who could turn me to stone. My stomach used to be concave, no matter how round the rest of me got. Have you ever seen photos of the burlesque dancer Immodesty Blaize? Boobs. Hips. Thighs. Arse. A minuscule waist. By 16, I looked like her – but in a Smashing Pumpkins T-shirt. You had to get to the intimacy level of having your hands around it to see just how tiny my waist was. It's hard to demand acclaim for something because it isn't there. This was pre-Dita Von Teese; people weren't that fussed about a 22-inch waist. In a post-Dita landscape, there would have been a parade for me.

'What the tabloids never want to know about is: Mind after baby. Life after baby. Life with baby'

After the baby, I was lucky and didn't get stretch marks. I already had cellulite. I had a few broken veins on my legs and now I have a few more. Most noticeably, my stomach, like the earth, is not flat. Not this month. What's fascinating about the post-baby body is, like life, it does not follow a pattern. It will betray you just as you're getting comfortable.

You've seen women – Hilaria, cough, Baldwin – lauded solely because they paraded their toned stomach just a few months after baby. For most of us, when you don't sleep, there's this thing called cortisol, the stress hormone: by night, it fights crime and by day, it forms fat around your middle. My daughter slept well for a while and then, at six months, she started waking up four times a night and never stopped.

I, like most of my friends with kids, definitely looked younger after the baby – 'face after baby' being of far less popular and cultural interest than body. What the tabloids never want to know about, what the really salient question is: mind after baby. Life after baby. Life with baby. Baby's life. Life as husband and wife. And they can all look beautiful together, despite the madness, like a Jackson Pollock splatter canvas.

There's an Instagram feed called The Glow, in which every actress/stylist/model mother featured is eternally grateful for the lessons they learn each day from their child. It's my hate-follow, much like other people have hate-watch TV shows. I was recently having a very photogenic, The Glow-worthy nap with my beautiful, funny toddler. The eiderdown was fluffy and white and there were throw pillows. And then I woke up because she was beating me across the head with an iPad.

She's not even two as I write this – she doesn't know. She thought it was hilarious, until I started crying with pain and then that made her cry, and then I had to comfort her while trying not to pass out. I don't ever think I'd give up having my child if I could have my previous body, though one body becomes another, like *Star Wars* sequels. I've sometimes thought I'd give up motherhood if I could have private time with my cat again, instead of hiding her from it and it from her. Because those were the most relaxing moments of my old life.

It isn't the freedom to be with whomever you want that you miss as you age into family. It's the freedom to be alone with yourself. If you can find those hours, those moments, that meditation, it's a far more liberating muscle for a mother to access than her abs.

Photography: Seamus McGarvey.

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FASHION

ELLE

Nº1 *The pieces, starring Anja Rubik › The blouse, the ornate dress, the coat, the knit... These are the building blocks of your wardrobe, and the stars of the pre-fall collections. If you're still unsure, read ELLE's guide on p43*
Nº2 *The high-street edit › From the shapes to the shades of the season, we have affordable luxury covered*

Photography: Marcin Tyszka.



SLOUCH PANTS

by Chloé

This page: Silk-crepe shirt (with ribbon tie), £635, and wool trousers, £775, both Chloé**.** Silver and gold-vermeil earrings (worn throughout), £175, Shaun Leane
Opposite: Cashmere jumper and matching skirt, £780 each, both Fendi



THE *pre-fall* PIECES

Starring Anja Rubik Photography **Marcin Tyszka** Fashion **Grace Cobb**

We love the irresistible ease of the pre-fall collections. Don't know what pre-fall is? Read p45, then let us introduce you to fashion's easiest-to-wear season

LUXURY DRESS

by Ralph Lauren Collection



This page: Leather dress, £3,750, Ralph Lauren Collection
Opposite: Hand-painted cashmere coat, leather belt and leather bag, all price on application, all Bottega Veneta

Marcin Tyszka



EASY COAT

by Bottega Veneta



ROMANTIC BLOUSE

by Chanel

This page: Silk-faille shirt, £6,200, and wool trousers, £1,500, both Chanel
Opposite: Wool dress, £2,900, sequined silk top (worn underneath), £3,900, and leather boots, £810, all Dior

PLAID SHIFT

by Dior



Marcin Tyszka

CHECKED COAT

by Prada





Wool coat (with nylon belt), £2,840, cotton shirt, £325, silk skirt, £480, and leather boots, £1,170, all Prada

Marcin Tyszka

RICH KNIT

by Gucci



Marcin Tyszka



This page: Silk top, £1,210, and silk trousers, £690, both Valentino
Opposite: Embellished alpaca wool-mix jumper, £1,150, and wool-mix trousers, £450, both Gucci

NEW COLOUR BLOCKING

by Valentino


ORNATE
DRESS
by Giorgio Armani

LEATHER TRENCH

by Saint Laurent by Hedi Slimane



This page: Leather coat, £3,380, wool-crepe dress, £2,790, silk-tulle top (just seen), £670, and leather boots, £675, all Saint Laurent by Hedi Slimane
Opposite: Silk-mix dress, £3,280, Giorgio Armani

Marcin Tyszka

EVENING BLOUSE

by Dolce & Gabbana



This page: Silk-chiffon shirt, silk-satin bra, wool-crepe and Swarovski crystal skirt, and wool socks, all price on application, all Dolce & Gabbana
Opposite: Wool-mix dress, £1,780, silk boots, £740, and cotton-canvas bag, £1,470, all Louis Vuitton. For shopping details, see Address Book. Hair: Kacper Raczkowski at D'Vision Art. Make-up: Marianna Yurkiewicz at D'Vision Art. Manicure: Nail Spa, Warsaw. Production: Warsaw Creatives. Model: Anja Rubik at IMG Models. With thanks to Pin-Up Studio, Warsaw

Marcin Tyszka



SHAPED SHIFT

by Louis Vuitton

THE HIGH STREET EDIT



LET US INTRODUCE YOU TO ***pre-fall 2015***. BUY NOW, WEAR FOREVER (OR UNTIL WINTER). CONSIDER THESE FASHION'S ***most shoppable*** COLLECTIONS

Photography **Daniel Nadel**
Fashion **Michelle Duguid**
Models **Angela Longton** and **Becca Horn**



This page: Cotton coat, £750, and wool jumper, £355, both McQ Alexander McQueen. Denim jeans, £20, Next
Opposite: Becca (left) wears: Denim jacket, £265, Vanessa Bruno Athé. Polyester-mix shirt, £165, Claudie Pierlot. Cotton-mix shorts, £270, Rag & Bone. Leather boots, £250, L.K.Bennett. Angela (right) wears: Polyester-mix jacket, £484, Maison Kitsuné. Cotton shirt, £15, and leather sandals, £80, both Next. Cotton-mix skirt, £35, Monki



THE HIGH STREET EDIT



This page: Suede jacket, £120, cotton top (worn underneath), £20, and leather skirt, £30, all Dorothy Perkins
Opposite: Becca (left) wears: Wool-mix coat, £80, River Island. Silk shirt, £930, Equipment. Leather shorts, £65, Isabel Garcia. Leather boots, £250, L.K.Bennett. Angela (right) wears: Denim jacket, £175, and matching shorts, £65, both Topshop. Silk-crepe shirt, £110, Iris & Ink at theoutnet.com. Patent-leather shoes, £195, Russell & Bromley

Daniel Nadel

THE HIGH STREET EDIT



This page: Silk top, £290, and leather boots, £560, both See by Chloé. Velvet skirt, £65, Miss Selfridge
Opposite: Sleeveless wool-mix coat, £69, polyester shirt, £30, and suede skirt, £55, all Warehouse. Wool hat, £28, River Island

Daniel Nadel



THE HIGH STREET EDIT



This page: Becca (left) wears: Polyamide-mix coat, £180, French Connection. Viscose top, £28, River Island. Cotton-mix bra (worn over top), £278, Jonathan Simkhai. Denim jeans, £145, Isabel Marant Étoile. Suede boots, £250, L.K.Bennett. Angela (right) wears: Leather and shearling jacket, £650, Karen Millen. Cotton top, £22, Dorothy Perkins. Denim jeans, £49.95, Gap. Leather boots, £129, Nine West

Opposite: Angela (left) wears: Cotton jumper, £159, By Malene Birger. Cotton-linen shorts, £22, Next. Becca (right) wears: Wool-mix jacket, £425, MiH Jeans. Lyocell shirt, £35, and leather shorts, £35, both Miss Selfridge. For shopping details, see Address Book. Hair: Tony Collins at Streeters. Make-up: Kim Brown at Premier using Chanel S 2015 and Chanel Body Excellence. Manicurist: Emma Welsh at August Management using Leighton Denny. Models: Angela Longton at The Hive Management and Becca Horn at Models 1. With thanks to: Provision Studios, London



Daniel Nadel

THE HIGH STREET EDIT


1.


2.


3.


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8.


9.


10.

1. Leather jacket, £550, 2nd Day. 2. Leather sandals, £185, Whistles. 3. Wool jumper, £200, Vanessa Bruno Athé. 4. Suede bag, £120, Karen Millen. 5. Denim dungarees, £38, Topshop. 6. Denim playsuit, £45, Marks & Spencer


11.

7. Viscose top, £85, Karen Millen. 8. Wool coat, £395, By Malene Birger. 9. Cotton jacket, £296, Maison Kitsuné. 10. Suede sandals, £280, Claudie Pierlot. 11. Leather jacket, £525, Gerard Darel

Compiled by: Michelle Duguid. Photography: 3 Objectives. For shopping details, see Address Book.







12. Faux-leather skirt, £30, River Island. Leather shoes, £175, Senso. Wool bag, £395, By Malene Birger. 13. Cotton-mix skirt, £35, Next. 14. Bamboo shirt, £140, Whistles. 15. Denim jeans, £259, AG. 16. Cotton vest, £35, By Malene Birger. 17. Rayon-mix jacket, £280, Dagmar. 18. Leather bag, £38, Topshop







19. Cotton jacket, £295, Current/Elliott. 20. Denim jeans, £85, Levi's. 21. Wool-mix jacket, £285, Isabel Marant Étoile. 22. Leather jacket, £559, Claudie Pierlot. Cotton top, £20, Dorothy Perkins. 23. Polyester dress, £58, Warehouse. 24. Denim jeans, £40, Monki















ELLE **SHOP IT** See our weekly high-street edit at elleuk.com/fashion



THE SUPER-USEFUL TREND REPORT

*Your complete guide to **autumn/winter 2015**: what to buy now, where to shop and how to wear it*

AUGUST ELLE ON SALE 2 JULY

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The Organic Pharmacy TRAVEL SET

Exclusive to ELLE readers



Your set includes: Double Rose Rejuvenating Face Cream, Rose Facial Cleansing Gel and Antioxidant Lip Balm


VALENTINO


VICTORIA BECKHAM

'The Organic Pharmacy's all-natural products are my go-to for glowing, nourished skin. The rose face cream makes me look rested, when I'm anything but!'

SOPHIE BERESINER, ELLE BEAUTY DIRECTOR

Photography: 3 Objectives, Sean Cunningham, Jason Lloyd-Evans, Anthea Simms.





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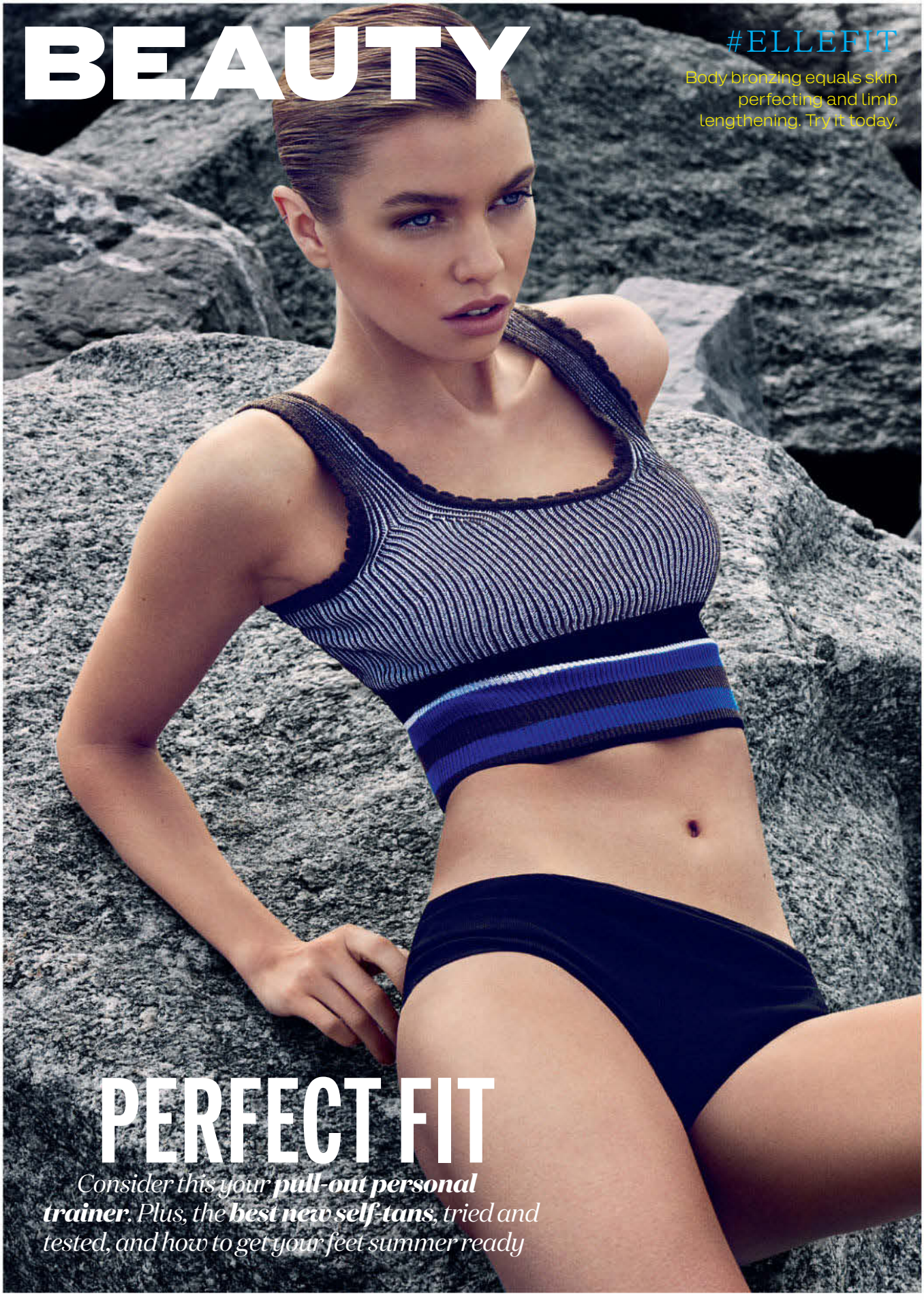
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L'ORÉAL
MAKEUP DESIGNER/PARIS

BEAUTY

#ELLEFIT

Body bronzing equals skin perfecting and limb lengthening. Try it today.



PERFECT FIT

*Consider this your **pull-out personal trainer**. Plus, the **best new self-tans**, tried and tested, and how to get your feet summer ready*

Photography: Bjarne Jonasson. Fashion: Anne-Marie Curtis. Hair: Halley Brisker at Jed Root using Bumble and bumble. Make-up: Andrew Gallimore at CLM Hair & Make Up for Nars Cosmetics. Model: Stella Maxwell at The Lions Model Management. Production: Select Production. With thanks to: The Standard, Miami Beach, (standardhotels.com/spa-miami-beach). Stella wears: Cotton top, Vivienne Westwood. Nylon bikini bottoms, Sandro.

Be your own PERSONAL TRAINER

Words **Amy Lawrenson** and **Natalie Lukaitis**
Fashion **Anne-Marie Curtis** Photography **Bjarne Jonasson** Starring **Stella Maxwell**

In a quest for better abs, strong arms or killer legs? ELLE gives you a perfect workout for every fitness level and mood. Over to you

ABS



THE PRO

ANYA LAHIRI
MASTER TRAINER AT BARRY'S BOOTCAMP

FOR THE HIIT FIT

Try: Mountain climbers.
Why: Works abs – upper and lower.
How: Start in a high plank position (as though you're about to do a press-up), with your palms flat on the floor. Make sure your back is flat and your abs are engaged. Bring one knee in to your chest, then back to being outstretched. Repeat with the other leg. Once you have the correct form, pick up the pace.
Do: Alternate doing 30 seconds of climbers with 30 seconds of plank, as many times as you can.

High **I**ntensity **I**nterval **T**raining (Short bursts of fast cardio exercises)

@ANYALAHIRI



FAKE IT
A good dose of fake tan will help abs (and the rest of your body) appear more toned. ELLE loves Bondi Sands Self Tanning Foam Dark, £14.99 – it's a cult brand from Australia, and those Aussies know a thing or two about fake tan.

For the gym-goer

In a high plank position, walk your feet back as far as you can, raising your hips and bringing your head and chest towards the floor, with your arms extended in front of you. Hold for five seconds before returning to the high plank position. Repeat three sets of 10 reps.

For the yogi

Balance on your sitting bones (in your bum) with a straight back; exhale and lift your feet off the floor, bending your knees so your shins are parallel to the ground. For a challenge, straighten out your legs so you're in a V shape. Inhale and return to your start pose. Repeat three sets of 10 reps, with a short rest between sets.



Nylon-mix swimsuit, Hermès. Plastic sunglasses, Preen by Thornton Bregazzi



@STELLAMAXWELL

DO IT Can't get to grips with the moves? Head to elleuk.com for how-to videos from the pros

#ELLEFIT

For the runner

Lie in a sit-up position with your hands under the arch of your lower back, palms down. Squeeze your lower abs to press your spine down on to your fingers, then lift one leg at a time. The more experienced can extend and lift both legs. Beginners continue for 30 seconds, improvers for 45 seconds and advanced for 60 seconds. Do three to five sets. ›



Health hack

Stress triggers cortisol production – the hormone that regulates blood sugar levels and metabolism – which can lead to excess belly fat, says Dr Simone Laubscher, co-founder of WelleCo. 'Eat low-GI foods to balance blood sugar. Support your kidney and liver function with garlic, and either dandelion or nettle tea.'

LEGS & BUM

@W10PERFORMANCE



THE PRO

JEAN-CLAUDE VACASSIN
FOUNDER OF W10 PERFORMANCE GYM

Health hack

Want to improve muscle tone? Swap bad fats for good, says Dr Laubscher. 'We believe fats from animals and dairy clog your system, and add toxins that can make cellulite worse. Opt for coconut oil and avocados.'

FOR THE GYM-GOER

Try: Walking lunges with dumbbells.
Why: Great for shaping thighs and bum.
How: Hold a dumbbell in each hand. Start with your arms by your side, chest lifted, shoulder blades lightly squeezed together. Tense your core by pulling in your stomach muscles. Keep your upper body still and take a big step forward with your right leg. Bend your knee, bringing it in line with your toes, with the back of the thigh coming towards the calf. Engage your quads and glutes by squeezing your bum as you come back to a standing position, then drive forwards with the other leg. Alternate.
Do: Two to three sets of 15 reps on each leg.

For the runner

Find a hill with a gradual gradient. Do four sets of five minute sprints up and down for beginners, 3 x 8 minutes for improvers and 3 x 10 minutes for keen runners, with two minutes' recovery between each set.

For the yogi

Start on all fours. Lift and extend one leg, with your toes pointing to the floor, and inhale as you bring your knee towards your nose. Exhale and extend your leg back again. Do 10 reps on each leg and repeat for three sets.

For the HIIT fit

Squat as if you're sitting on an imaginary chair, and double pulse (move an inch up and down, twice) when your thighs are parallel to the ground. Then push up into a jump and rotate your whole body 90 degrees to the right. Land in the squat position. Repeat, rotating in a circle – first 30 seconds clockwise, then 30 seconds anti-clockwise.



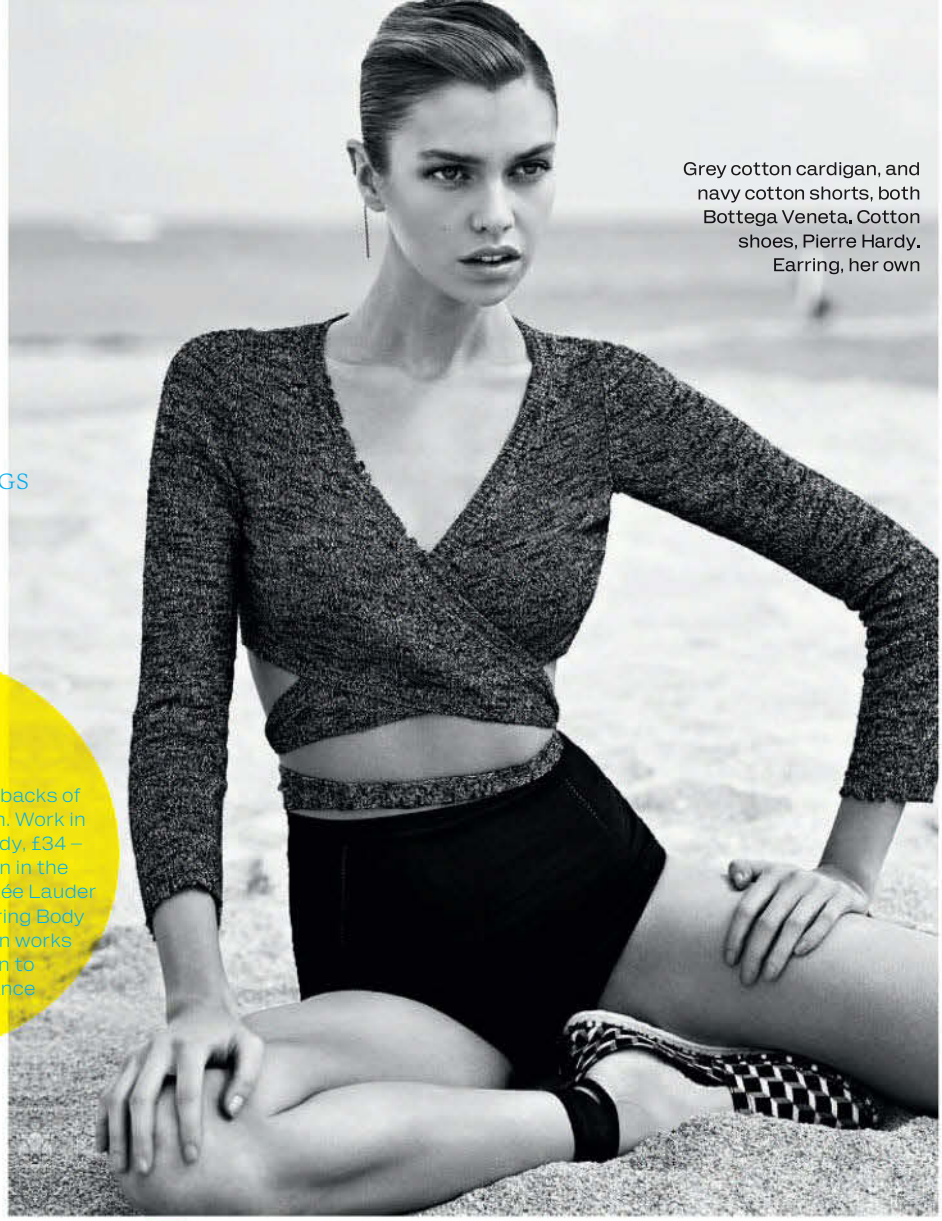
Silk-mix swimsuit, and denim skirt, both Michael Kors



FAKE IT

Massage is key to improving the appearance of cellulite – use a 'kneading bread' technique. Work Phytomer Celluli Attack, £57, into thighs and bum – pepper revs up your circulation. For water retention, massage a contouring cream, such as Legology Air-Lite Daily Lift For Legs, £60, to boost drainage.

Main photography: Bjarne Jonasson. Additional photography: Getty Images, Twitter/thomascraggs. Previous page: Getty Images, Twitter/anyalahiri.



Grey cotton cardigan, and navy cotton shorts, both Bottega Veneta. Cotton shoes, Pierre Hardy. Earring, her own

@THOMASCRAGGS



FAKE IT
Dry body brushing on the backs of arms will boost circulation. Work in Bliss FatGirlSlim ArmCandy, £34 – the caffeine will tone skin in the short-term. Follow with Estée Lauder Bronze Goddess Shimmering Body Oil Spray, £29 – the sheen works like an optical illusion to improve the appearance of arms. Magic.

ARMS



THE PRO
TOM CRAGGS
RUNNING COACH AND ADIDAS TRAINER

FOR THE RUNNER

Try: Medicine ball press-ups.
Why: Tones the triceps, plus the core and chest (which are areas more useful to runners).
How: With feet shoulder-width apart and keeping your body in a straight line, put both hands on a medicine ball and do a press-up. Squeeze your abdominal muscles as you drive up. Then, with one hand on the ball, and the other on the floor, do another press-up. Swap hands and repeat. Place both hands back on the ball and repeat the cycle. Beginner? Complete the press-ups on your knees, keeping your body in a straight line between knees and shoulders.
Do: Work to time, not reps. Complete three sets of 30 seconds. Build up to 45 seconds, then 60 seconds.

For the gym-goer

Do three sets of eight chin ups. If you need help, attach a CrossFit Resistance Pull Up Band, from £8.99, to the bar, and loop around one foot to assist the move.

For the yogi

Start in a high plank position and exhale as you lower into a press-up. Hold and inhale, then exhale as you push back up. Do three sets of 10 reps, with a downward dog in between sets (on all fours, push up your bum and bring your chest towards your thighs).

For the HIIT fit

Starting in a high plank position with your abs engaged, bend at the elbows and lower on to your right forearm, then on to your left forearm, so both are on the ground. Then push back up on to your right hand, then left. Repeat for 60 seconds. ›



Health hack

If you have raised bumps under the skin on the backs of your arms, it could be a sign that you're not getting enough omega-3, suggests Dr Laubscher. 'Eat good-quality organic fish. If you're vegetarian or vegan, add some linseeds or linseed oil to your diet.'

BACK

@IAMJESSICASKYE



THE PRO

JESSICA SKYE
FOUNDER OF FAT BUDDHA YOGA

FOR THE YOGI

Try: Locust pose (Sanskrit Salabhasana).
Why: Works the full back, bum and hamstrings.
How: Start by lying on your stomach, with your legs straight and arms by your sides. Inhale and reach your arms back and up behind you, lifting your chest off the ground. Hold for a breath then lower down. Next, lift your legs up, hold for a breath then lower. Then raise your arms and legs at the same time, keeping your chin up and chest open. Hold for five breaths before lowering.
Do: Three sets of five reps.

For the runner

Holding a TRX (a two-handled resistance band hooked on a wall), stand up straight and lean back. Walk your feet forward away from your body until there is tension in the TRX. Squeeze your shoulder blades and pull yourself upwards, while drawing hands apart until fully extended away from your body, with a slight bend at the elbow. Return to the start position and repeat 10 times.

For the gym-goer

Lean over an exercise ball, with your pelvic bones supported and your torso over the edge. Fold your arms across your chest, then bend forward as far as you can, pivoting at the hips. Raise yourself back to the start position. Start with three sets of 15-20 reps. For an advanced move, hug a weight across your chest.

For the HIIT fit

Lie on your stomach with your arms extended in front of you. Raise your right arm and left leg, then swap to raise your left arm and right leg, like you're swimming. Alternate as fast as you can for one minute.



Silk top, A.L.C. Nylon-mix bikini bottoms, Eres



FAKE IT
A blend of horse chestnut and gotu kola in Radical Skincare Firming Body Multi-Repair, £65, work to improve toxin elimination and strengthen the collagen and elastin fibres giving skin a firmer look and feel; even in the stubborn hip area.



Health hack

Add spices such as chilli and cayenne pepper to your meals to boost metabolism, suggests Dr Laubscher. 'If you tend to crave sweet foods, try adding cinnamon to your porridge or coffee – it helps regulate your blood sugar levels.'

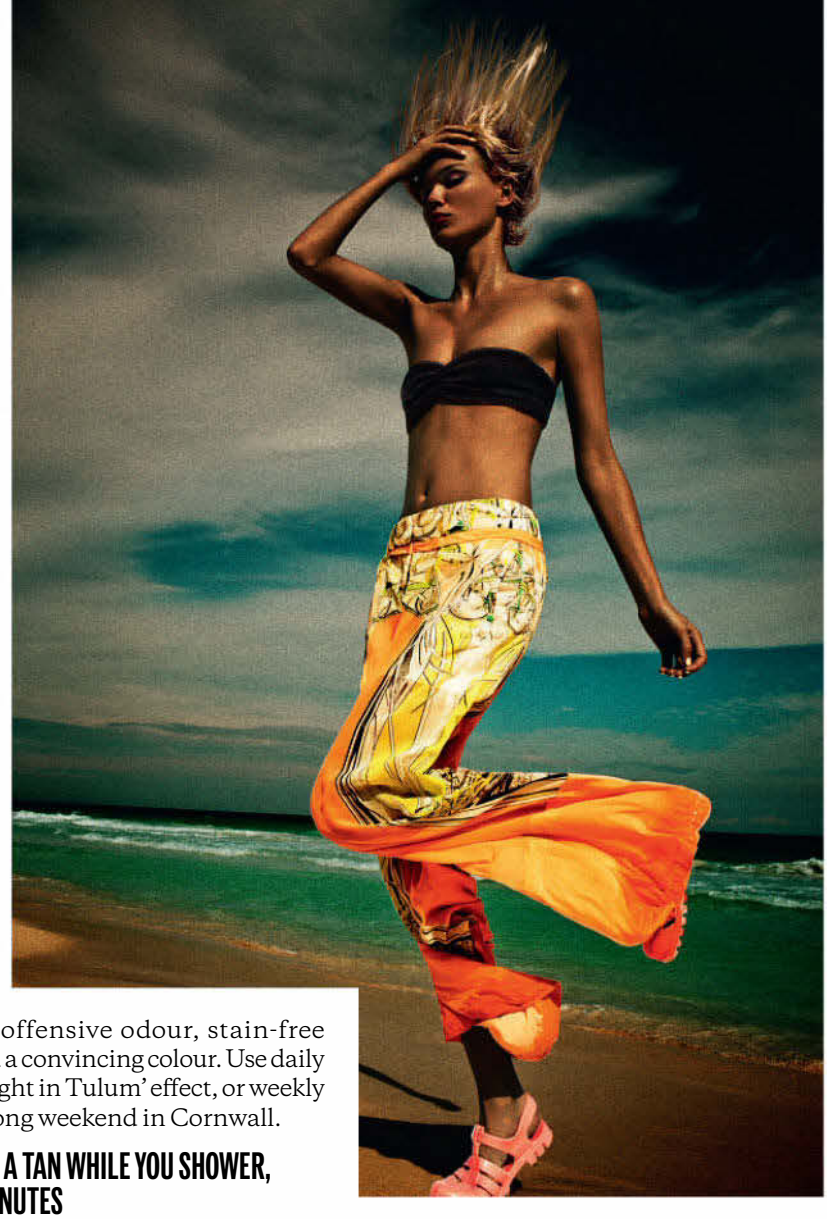
Main photography: Bjarne Jonasson. Hair: Halley Brisker at Jed Root using Bumble and bumble. Make-up: Andrew Gallimore at CLM Hair & Make Up for Nars Cosmetics. Model: Stella Maxwell at The Lions Model Management. Production: Select Production. With thanks to: The Standard, Miami Beach (standardhotels.com/spa-miami-beach). Additional photography: Getty Images. Instagram/iamjessicaskye. For shopping details, see Address Book.


MAX FACTOR
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COLOUR INTENSIFYING BALM
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Create colour confidence with Colour Intensifying Balm
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THE MAKE-UP OF MAKE-UP ARTISTS
MAX FACTOR

The right TAN *programme*

From the three-minute **in-shower fake tan** to an oil that protects your skin as you **bronze**, the latest tanning products are as pioneering as they are good for you. **Gillian Brett** (naturally alabaster, always golden) tests them all

Photography **Enrique Badulescu**





Fake better tan

Rejoice, for the days of orange streaks and tide marks are over. The new breed of self-tans are subtle, stylish, easy to apply – and guarantee a natural-looking glow, no sun required. Simply exfoliate all over to ensure an even colour, then follow with one of these genius products.

HOW TO: **CUSTOMISE YOUR COLOUR**

Clarins Radiance-Plus Golden Glow Booster for Body (1), £26

The face version had a waiting list – and the body tanner is a game-changer. Think *self*-tan, not *fake*-tan: pipette a couple of drops (or three, or four) into your body moisturiser for a bespoke colour you can build. No offensive odour, stain-free clothes and a convincing colour. Use daily for a 'fortnight in Tulum' effect, or weekly to feign a long weekend in Cornwall.

HOW TO: **GET A TAN WHILE YOU SHOWER, IN THREE MINUTES**

St.Tropez Gradual Tan In Shower (2), £14.50

Take note: mess-free, faff-free tanning now takes place while you shower. This is the first of its kind: switch the water off, lather on, then rinse three minutes later. Almond oil nourishes the skin so you can skip moisturiser, too. The only drawback is that the three-minute wait can get a bit chilly, but there's no smell and application is easy. You won't step in one shade and emerge another – three applications achieve a built-up colour (which also means less chance of streaking). Kate Moss loves it and so do we.

HOW TO: **ANTI-AGE AND TAN IN ONE**

James Read Day Tan SPF 15 Face (3), £22

The first gradual face tan to also boast anti-ageing ingredients (such as aloe vera and hyaluronic acid) *and* UV protection. Substitute this non-greasy cream for your 'normal' moisturiser every other morning (or more, depending on the desired depth of colour). Just add mascara and bronzer.

MADE A MISTAKE? Tanning expert James Read says: 'Soak a flannel in lemon juice, microwave for 90 seconds, then rub over patchy areas.'

HOW TO: **GET A SUBTLE, STYLISH TAN**

Aerin Gradual Tan For Face & Body (4), £42

Light floral scent, transfer-resistant formula, super-moisturising skin benefits and a pretty batik-print bottle: this is the sophisticated way to tan. Pop it in your suitcase to discreetly enhance your holiday glow. Apply morning or night in lieu of body moisturiser. The results are subtle but buildable – the haute version of hot.

HOW TO: **GET A TAN WHILE YOU SLEEP**

He-Shi Overnight Ageless Tanning Balm (5), £22.50

A true wonder product: fight wrinkles and tan overnight with this ingenious face mask and tanner in one. Apply post-cleanse, instead of night cream (go lightly around the hairline and eyebrows). A super-hydrating, plant-based antioxidant absorbs into the deeper layers of the skin to plump and replenish moisture while the tan develops. Feel an instant firmness and wake up with a soft, radiant complexion.

Fashion styling (main image): Natalie Wansbrough-Jones. Additional photography: Graham Walser for Hearst Studios. For shopping details, see Address Book.



The real thing

Want a real tan but without the skin-ageing, sun-damaging side effects? The good news is SPFs have ramped up their USPs, offering specialised skincare benefits and boosting tan acceleration. These are the products the experts will be packing this summer.

FOR SENSITIVE SKIN

Bioderma Photoderm Mineral SPF 50+ Spray (1), £13.50
At last, mineral protection without a thick and chalky white residue – sensitive, reactive or allergy-prone skin *needs* this chemical- and fragrance-free sunscreen. Zinc and titanium filters form a physical UV barrier that sits *on* the skin instead of soaking in, meaning no irritation. Share it with normal skin types, too.

FOR FULL BODY PROTECTION

Aesop Protective Body Lotion SPF50 (2), £27
More like a moisturiser with high-level sun protection, this super-nourishing formula counteracts the skin-drying effects of sunbathing with its vitamin-E rich ingredients. The delicious citrus and spearmint scent makes us *want* to top-up regularly.

FOR THE FASTEST NATURAL TAN

Lancaster Dry Oil Fast Tan Optimizer SPF 50 (3), £24
Unlike old-school tanning oils, which sizzle the skin, this comes with equal measures of high-level SPF protection and tan-accelerating ingredients. Pile on for an immediate sun-kissed glow and a speedier, deeper tan – safely.

FOR YOUR EYES ONLY

SkinCeuticals Mineral Eye UV Defense SPF 30 (4), £26
The vulnerable skin around the eyes is 20 times thinner than elsewhere on the face, making it one of the first areas to show signs of sun damage and premature ageing. This mineral UV-blocker is essential for the discerning beach goer.

FOR A MATTIFYING MAKE-UP BASE BONUS

Chanel Sublimage La Protection UV SPF 50 (5), £80
Perfect for city dwellers thanks to its anti-pollution protection, stop your make-up sliding off in hot weather with this anti-ageing, protective primer. Antioxidant-rich vanilla planifolia pinpoints pigmentation and stimulates circulation for a super-radiant complexion.

FOR A BEAUTIFUL SKIN FINISH

Sisley Super Soin Solaire Milky Body Mist SPF30/PA+++ (6), £83
Specifically formulated to protect skin from the photo-ageing effects of UV rays, the key ingredients are edelweiss extract (a free-radical scavenger) and camellia oil (which improves skin tone and texture). Spray on and wave buh-bye to brown spots, dehydration and loss of firmness.

Dermatologist Dr Sam Bunting's rules for sun protection

1. Use a full shotglass-sized amount of sun cream with each application. Apply to uncovered skin to reach areas you might not expect to burn.
2. Apply 30 minutes before sun exposure and reapply every 90 minutes: always after swimming, even with water-resistant formulas. Ignore products that say it's OK to apply only once a day.
3. Use a minimum of SPF 30 and opt for products showing UVA in a circle symbol (it indicates the minimum EU-required three-star protection).

Discover the best tan for your skin tone

PORCELAIN
Fairer skin tones should use a gradual tanner, or mix self-tan with a daily moisturiser to build up colour.
Best for you: James Read Gradual Day Tan Body, £25; Clarins Delicious Self Tanning Cream, £25; Crème de la Mer The Face And Body Gradual Tan, £65

OLIVE
Choose a mousse, liquid, spray or gel-based product that gives a good colour without going too dark in one go.
Best for you: Rodial Brazilian Tan Airbrush, £39; St.Tropez Self Tan Express Advanced Bronzing Mousse, £22.50; Omorovicza Glam Glow, £35

DARK
Lotions provide the darkest finish, so seek out extra-dark shades or express formulas that can be layered in one application.
Best for you: Xen-Tan Dark Lotion Absolute Luxe, £40; Vita Liberata Deeper Deep Untinted Self Tan Lotion in Dark, £22.50; L'Oréal Sublime Bronze Express Pro Self-Tanning Dry Mist Dark Tan, £15.49

THE ELLE EDIT BEST BRONZING MAKE-UP

Wipe on, wash off



1 The Body Shop Honey Bronze Tinted Leg Mist, £15
For last-minute leg-baring anxiety.



2 Bourjois Sunlight Elixir SPF 15, £11.99
Instant, all-over golden colour, cocoa butter-like scent and SPF protection.



3 Guerlain Terracotta Sun Serum, £43
Transforms your regular face cream into a tan booster.

PANTENE



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EVERY WASH*

Discover the all NEW Pantene with clinically proven anti-oxidant technology** working at hair's core. The Pantene Pro-V formula detects and then micro-targets recurring damage. For hair that gets visibly healthier and more beautiful with every wash*. Give up on other shampoos and see the Pantene proof for yourself.

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*shampoo + conditioner vs. non-conditioning shampoo
**excl. Anti-Dandruff & Expert Series.

#ELLEBEAUTYCUPBOARD



Jourdan Dunn

We'll have what she's having. The supermodel shares her finds, plus her best backstage tips



THE DIY SPA TREATMENT

I swear by face masks. I love Sisley Black Rose Cream Mask, £95.50. I also really like GlamGlow YouthMud Tinglexfoliate Treatment, £40. They're luxuries I indulge in at home, as I may not have the time to go to the spa.

THE PRO TRICKS

A make-up artist once took out her credit card, put it behind my lashes, and applied mascara against the card. It looked like I had false lashes on. I was like: 'I'm taking that tip!'



THE BODY SECRET

On shoots, they use a spray on the body to give it a wet look [ELLE recommends Garnier Ultimate Beauty Oil Skin Perfector, £7.99]. And I know it's annoying, but I can actually eat anything. I like to have fried chicken and mac and cheese, but I also like my veg and fish. It's all about moderation.



THE MAKE-UP TIPS

I love how Maybelline Big Eyes Eyeshadow, £6.99, has a how-to on the packaging; it's good for me – I'm trying to figure out make-up. Its Lash Sensational mascara, £7.99, is amazing too, as is YSL Volume Effet Faux Cils Luxurious Mascara, £25.

THE SIGNATURE SCENT

For a while, my favourite perfume was Marc Jacobs Daisy EDT, £51.50 for 50ml. But now, after trying it at the airport, it's Viktor & Rolf Bonbon EDP, £50 for 30ml – I'm addicted. My best budget buy is Carmex Cherry Lip Balm, £2.69.



THE PERFECT NUDE

I like to keep my day-to-day look simple, so my staple is a nude lip: Maybelline Color Sensational Lipstick in Precious Beige, £6.99, is a favourite. On my nails, I prefer a nude, too, like Maybelline Color Show in Love This Sweater, £2.99, or Essie in Brides To Be, £7.99. At school, there was a supply teacher with long red nails; they scared the living daylights out of me!

SEE IT
From long to short, we chart Jourdan's hair evolution at elleuk.com/beauty

Compiled by: Natalie Lukaitis. Photography: Luke J Albert, Getty. For shopping details, see Address Book.

TEAR AND WEAR



Nº22

SUMMER-READY **PEDICURE**

It's officially sandal time. Here's how to free your feet

The ingredients



Nail clippers
Tweezerman Power Nail Clipper, £7



Nail file
Leighton Denny Crystal Nail File, £15.50



Foot file
Margaret Dabbs Professional Foot File, £24



Cuticle gel
Sally Hansen 18K Gold Cuticle Eraser, £5.59



Foot scrub
Neal's Yard Remedies Pumice Foot Scrub, £15



Moisturiser
Aveda Foot Relief, £19.50



Nail polish remover
O.P.I Polish Remover, £6.40



Base coat
Seche Vite Seche Base, £10



Nail polish
Chanel Le Vernis Nail Colour, £18



Correcting pen
Nails Inc. SOS Pen, £12



Top coat
Essie Good To Go Top Coat, £8.99

The directions

1 **Clip toenails** to leave just a little bit of white. Don't trim them too short, as it can cause ingrown toenails, then file from the outer corners towards the middle to prevent nails from splitting.
2 **Using a foot file**, dry rub any dead skin off the balls and heels of your feet.
3 **Soften** and loosen excess cuticles by applying a cuticle remover gel to the base of your toenails and gently massaging it in.
4 **Fill a large bowl** with warm water and soak feet (with the cuticle gel on) for five minutes, to soften your skin.
5 **Dry off feet** with a towel and push back cuticles with a Boots Essentials Manicure Stick, £1 for 10. Wipe toes clean with a damp cotton pad.
6 **Using small, circular motions,** massage an exfoliating foot scrub into your feet and ankles, then place feet back into the water to rinse off.
7 **Dry your feet** with a towel and apply a rich, nourishing moisturiser all over, focusing on any rough areas.
8 **Soak a cotton pad** in acetone nail polish remover (not a moisturising one) and wipe over toenails to dehydrate them – it makes polish last longer.
9 **Apply a thin layer** of base coat and allow it to dry completely.
10 **Choose your nail colour** (we love Chanel Le Vernis Nail Colour in Coquelicot) and apply your first layer in long brush strokes from the cuticle to your toenail tip. Leave to dry completely, then apply a second coat.
11 **Touch up** any mistakes – use a correcting pen for ease.
12 **Finish off** with a layer of top coat.

Substitutions and additions

⟲ = swap + = add

DRY FEET

+ ADD Footner Exfoliating Socks, £19.99. Beware, you'll shed dead skin for two weeks, but your feet will be baby smooth afterwards.
⟲ SWAP Moisturiser for Eucerin Dry Skin Intensive Foot Cream, £11.

WEAK NAILS

+ ADD Soft cuticles = strong nails. Massage yours with L'Occitane Shea Nail & Cuticle Nourishing Oil, £12.
+ ADD Dr Lewinn's Renunail Sensitive Nail Strengthener, £12, between pedicures. The keratin will strengthen nails.

DISCOLOURED NAILS

+ ADD Jessica Nail Whitener, £14.55, before your base coat. It's like a concealer for nails.
⟲ SWAP Base coat for Eve Snow BB Enriched Base Coat, £15; the film helps to hide any damage and discolouration.

ELLE **SEE IT** Find out the best nail shades of the season at elleuk.com/beauty

Compiled by: Natalie Lukaitis. Photography: Jason Lloyd-Evans. For shopping details, see Address Book.


OGX
beauty pure and simple
NEW
sunkissed blonde
lemon highlights
SHAMPOO
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Sunkissed highlights the way nature intended.
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1 Keep prep simple The moment you start adding layers of product to your skin, you create an over-hydrated, oily surface, which will cause your make-up to literally slide off. Wipe your skin with a toner [ELLE recommends Ren Clarimatte Clarifying Toner, £12] to get rid of excess oil, and hydrate with a light serum to leave little or no residue on the surface. **2 Know your skin** If you can't go without a moisturiser, use an oil-free or gel formulation, such as Nars Aqua Gel Luminous Oil-Free Moisturizer, £41.



3 Choose your base Using a heavy product can result in 'shifting', so I like to use a lightweight long-wear foundation, such as Nars All Day Luminous Weightless Foundation, £32. It also gives a full day's coverage. **4 Start small** Lightly pat the foundation on to your skin and blend with your fingertips or a kabuki brush, then set it in place with a light powdering of Nars Soft Velvet Loose Powder, £26.50.



5 Perfect base Using a little Nars Double Refining Exfoliator, £26, on a cotton pad, buff your lips in a circular motion to remove any dry skin. Wipe clean and then massage in a lip balm, blotting off any excess once you're done. **6 Make lipstick last** Follow the outline of your lips and fill in with a

SHOP IT
For more must-try new make-up looks, go to elleuk.com/beauty



HOW TO DO...

LONG-WEAR MAKE-UP

Andrew Gallimore, Nars UK Make-up Artist Ambassador, shares his tips for a summer face that lasts all day

long-wear lip liner, such as Nars Velvet Lip Liner Pencil, £18. Apply your lipstick (I generally choose matt because it lasts longer) with a lip brush. **7 Crease-proof eye trick** Smooth a smudge-proof base [ELLE loves Urban Decay



Anti-Aging Eyeshadow Primer Potion, £18] over your lids, all the way up to your brow. This gives the powder something to hold on to and helps it to stay crease-free. Dust over your first layer of eyeshadow with a setting powder and then apply another layer. **8 Stay cool** Getting overheated or sweaty will break down your make-up, so keep cool with a face spray. [ELLE recommends freshening up with Clinique Moisture Surge Face Spray, £21 for 125ml. It doesn't contain oil, so it can be used over make-up.]



9 Touch-up Long-wear *means* long-wear, so use small brush strokes or finger dabs to avoid hard-to-correct mistakes. **10 Take it off** Soak a few cotton pads in an oil-based make-up remover [ELLE loves Shu Uemura Ultime8 Sublime Beauty Cleansing Oil, £37.50]. Place them flat against your skin to let them really work at breaking down the make-up, and avoid abrasive scrubbing.

Compiled by: Natalie Lukaitis. Photography: Graham Walser for Hearst Studios. For shopping details, see Address Book.

#ELLEBEAUTYCUPBOARD

THE SCIENCE OF NATURE

Discover the power of plants with leading-edge skincare and cult beauty products from the experts at ***Clarins***



THE LINE-UP
From left to right: HydraQuench Cream, £35. Beauty Flash Balm, £29. Blue Orchid Face Treatment Oil, £33. Multi-Active Day Cream, £42. Double Serum, £69 (50ml)

PLANT SCIENCE COMES TO ELLE

ELLE invites Clarins into the #ELLEBeautyCupboard





A DAILY ESSENTIAL

Multi-Active Day Cream
Natural plant extracts work to actively reduce the look of fine lines

@CLARINS_UK

Since the earliest days of science and wellbeing, the healing and restorative power of plants has been well documented, a power that — as beauty research and technology becomes ever more advanced — is now more valued than ever.

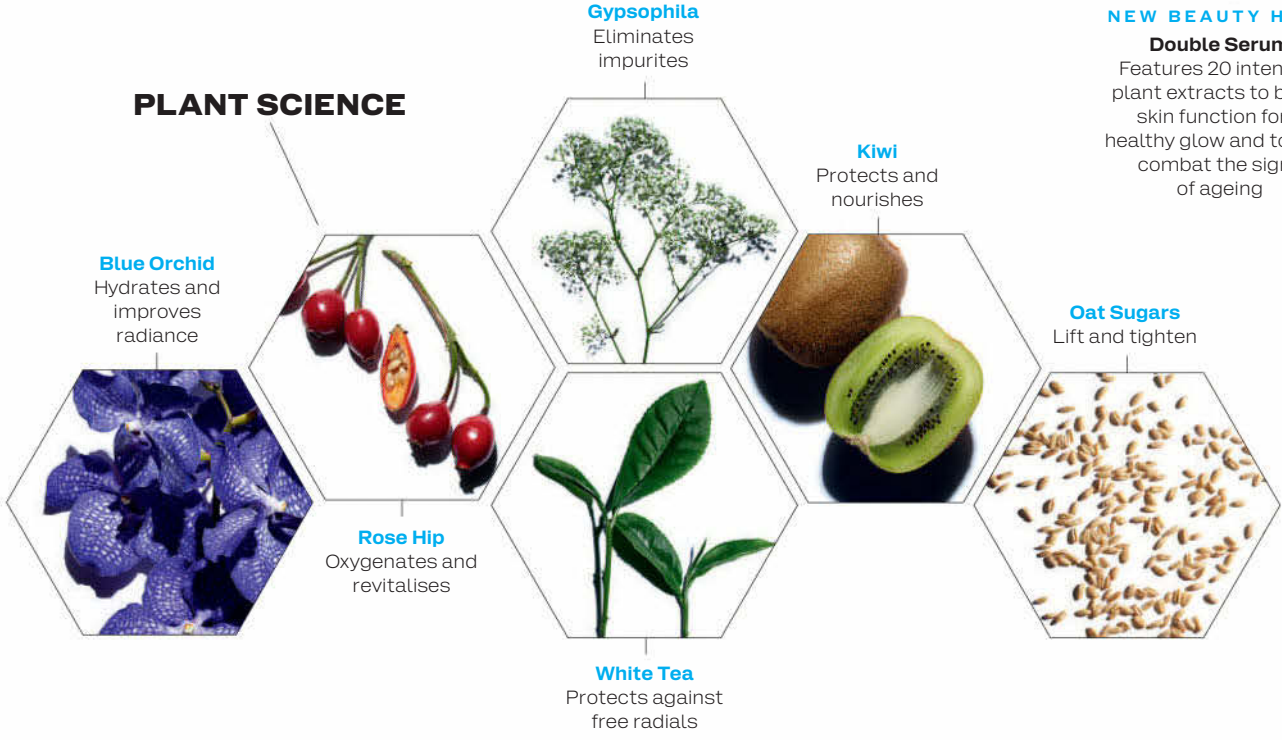
Clarins has always understood the value of harnessing plants' potency with leading-edge science. Its Blue Orchid Face Treatment Oil, for example, has been formulated to the same powerful blend of essential oils and plant extracts since it was originally created by Jacques Courtin-Clarins in 1954. (FYI, it works wonders on restoring radiance and softness to post-holiday skin.) Likewise, the instant brightening and tightening effect that extracts of olive and witch hazel bring to tired-looking skin in its multi-awarding-winning Beauty Flash Balm has long made it a hero product and beauty bag must-have.

But Clarins isn't just about cult favourites. Standout new products include Double Serum and cutting-edge skincare such as the HydraQuench and Multi-Active ranges. And now is the perfect time for you to discover them for yourself. Throughout June, Clarins counters are hosting 'Plants, Our Science'. A Clarins specialist will guide you through the range and create a skincare routine perfectly tailored to you. Plus, you'll receive two bespoke skincare super travel sizes with the purchase of your day or night cream. *For more information and to find your nearest counter, visit clarins.co.uk or call 0800 0363 558*



NEW BEAUTY HERO

Double Serum
Features 20 intensive plant extracts to boost skin function for a healthy glow and to help combat the signs of ageing



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Pure magic

Beauty vlogger Alix Coburn reveals what puts ***Nivea 3 in 1 Micellar Cleansing Water*** ahead of the pack

What defines a hero product? For beauty vlogger Alix Coburn it's one that is not only effective, but also gentle and easy to use. That's why, when it comes to cleansing, she favours a micellar cleanser, those so-called 'magic waters' that remove all traces of make-up — including from the eyes and lips — with just a gentle swipe of a cotton pad.

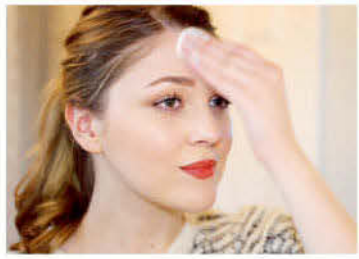
Nivea Daily Essentials Sensitive 3 in 1 Micellar Cleansing Water 'takes off make-up really well,' says Alix, who as the founder of icovetthee.com has put more than her fair share to the test. It's suitable for all skin types but, as Alix notes, it's especially good for 'sensitive, tender-feeling skin as it's very soothing, cooling and hydrating.'

'Nivea 3 in 1 Micellar Cleansing Water leaves skin soothed and refreshed'

Part of the Daily Essentials Sensitive skincare range, the active and natural ingredients in Nivea 3 in 1 Micellar Cleansing Water's unique formulation — including pro-vitamin B5 and natural grape seed oil — work to protect and strengthen sensitive skin. With no perfumes, colourants or parabens, it cleanses mildly and deeply to nourish all skin types. Magic!

ACCORDING TO ALIX...

'Nivea 3 in 1 Micellar Cleansing Water is really easy to use. I have a slightly dry skin type and it doesn't dry it out, it just leaves it feeling very refreshed and very soothed.'



1 Start by soaking a single cotton pad in the micellar water and sweep over the face. This removes all make-up, including lipstick, gently and effectively.

2 Next, soak two further cotton pads and hold against each eye for 10-15 seconds to break down eye make-up. Then it's ready to remove in one sweep. Done!



FIND OUT MORE!
Discover more about Nivea 3 in 1 Micellar Cleansing Water at nivea.co.uk/sensitive

Flight of fancy

Gucci's new fragrance will whisk you to the *South Pacific*

EXCLUSIVE



Bamboo might look a little familiar. That's because it was designed with the fashion house's iconic, bamboo-frame bags, which were reintroduced last year, in mind. As for the fragrance itself, imagine a summery and exotic blend (specifically orange blossom, white lily and vanilla) with the power to take you from your desk to a wonderfully sun-drenched island. *Gucci Bamboo EDP, £68 for 50ml, is available at Harrods from 1 July, and nationwide from 19 August*

SEE IT
For ELLE's favourite summer scents, go to elleuk.com/beauty

Words: Natalie Lukaitis. Photography: Luke Kirwan. For shopping details, see Address Book.

Ladival.co.uk

Do you know what Infrared-A is doing to your skin?

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- Ladival's Advanced Infrared-A Defence System protects against UV-A, UV-B **and** Infrared-A; that's 4x more of the sun's damaging rays*

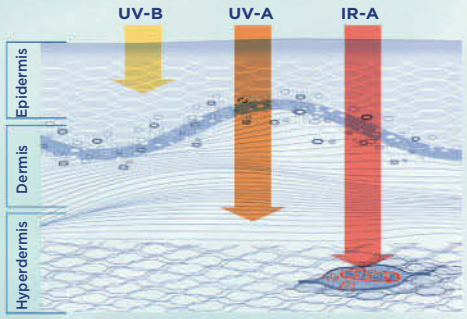


Diagram showing the sun's rays penetrating your skin.

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SOPHIE BERESINER
BEAUTY DIRECTOR



@I_LOVE_LIPSTICK

Bikini (line) boot camp

The season of effective body hair removal is upon us, and ELLE's Sophie Beresiner has a rich history to draw upon for advice

Sh*t, it's bikini season. I'm beyond help in the toning department, but it's amazing what some fake tan and high-tech hair removal can do. Next year, I vow to give up the carbs – you know, before Marbs – with more than a week to spare, but for now I'll concentrate on what I *can* control: my body hair confidence.

It's been an issue since Mrs Swan made me show my handstand form to the class in Year 7. She held up my ankles as the hem of my school jumper slipped down to my armpits, exposing a pubescent bikini line in all its leotard-clad glory. My Russian and Jewish heritage means pale skin and a *lot* of dark hair. It was pre-epilator time (which, by the way, is initially torture for one of such heritage), when I was still scared of razors and a wax strip was almost as difficult to fathom as a tampon.

Fast forward 20-odd years, and I would be proud to show off my perfectly smooth knicker-line, were it not for social etiquette. Why? Because I have spent the intervening years in a state of constant hair-removal trial and error. It went like this:

SHAVE: Easy, yes. Relatively effective but for the lasting 'five o'clock shadow' it leaves behind, the occasional nick and itchy regrowth. I took to covering my bikini line with sand to hide the horror.
DEPILATE: Surely a cream that dissolves hair is the answer? Oh, but the smell. And timing. Five minutes isn't enough, six equals second-degree burns.
EPILATE: TORTURE. But, honestly, this is the answer. It just takes one really brave session and the rest is infinitely easier. This is because hair grows in three cycles, so if you've never done it before you're ripping out all three at the root at once, but by the time you need to re-epilate, only one cycle will have grown back, so it will be two-thirds less painful.
WAX: Potentially embarrassing if you don't like to expose yourself to strangers, messy if you prefer to DIY. The ingrown hairs are the killer.
IPL: My absolute saviour. After the first session of putting the hair to sleep at the follicle, I never got an ingrown hair again, ever. Win.
DIY IPL: After I'd shelled out £600 for a smooth bikini line in-salon, I couldn't believe it when this option came to market. Nowadays, you can get an at-home system for around £250: they're safe, effective and (almost) pain-free.

And now? Well, I'm now as confident in my bikini as my teenage self ever hoped to be, from a hirsute point of view at least. I like carbs too much. But that's what floaty kaftans are for.

ASK IT Got a beauty question? We can help. Tweet #AskELLEBeauty @ELLEBeautyTeam every Friday

THE BEST HAIR-REMOVAL PRODUCTS



1. Philips Lumea Precision Plus, £450. **2.** Acqua Di Parma Collezione Barbiere Shaving Razor, £175. **3.** Veet Easy Grip Ready-To-Use Wax Strips, £7.29 for 20. **4.** Vichy Dermablend Total Body Foundation, £29.75. **5.** Gillette Venus Proskin Sensitive Razor, £10.50. **6.** Veet Natural Inspirations Hair Removal Cream, £6.99. **7.** Monu Professional Skincare Depil Lotion, £14.95. **8.** Braun Silk Epil 7 Wet & Dry Epilator, £109.

Photography: Victoria Adamson, Graham Walser for Hearst Studios. For shopping details, see Address Book.



PERFECT EXPOSURE

On sweltering holidays cover your head with a hat (the bigger, the better this season) but let your legs roam free



HOME-SPA HEROES

Veet Spawax's delicate aroma of purple lily and sugar fig makes it easy to create a pro-spa atmosphere at home. (A candle adds a little extra ambience)

SMOOTH SENSATION

Forget that last-minute dash to the salon for your pre-holiday wax. The new ***Veet Spawax Stripless Wax Warming Kit*** *lets you recreate the spa experience at home*

@ELLEBEAUTYTEAM

Home waxing. Most of us have tried it at some point as an alternative to the monotonous merry-go-round that is shaving, or in a bid to offset time-consuming and expensive visits to a professional salon. And if it's been a while since you did try home waxing, you may still associate it with wrestling with sticky strips, and weeks of hiding hair regrowth under long trousers and sleeves-with-everything. But times have changed.

Now there is a geninue, long-lasting and easy alternative to those salon visits: the new Veet Spawax Stripless Wax Warming Kit. Bringing salon-style innovation to at-home waxing, it features a standalone electrical device that heats the wax and maintains the perfect temperature throughout the session, so you don't need to worry about the wax being too hot or too cold.

Veet Spawax delivers salon-perfect results in five easy steps. All you have to do is plug in the pot, add the required number of Veet wax discs into the device, wait briefly for the wax to melt and you're good to go. The result? Salon-perfect smoothness for up to 28 days in the comfort and convenience of your home.



HOW-TO...

Five quick and easy steps to touchably smooth skin



STEP ONE
Place the correct number of wax discs into the pot according to the area you wish to treat (legs: 4, underarms:1, bikini: 1)



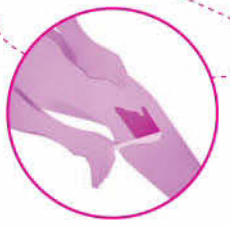
STEP TWO
Plug in the pot – the wax discs will start to melt. Wax is ready to use when it's a smooth consistency (think honey). It will keep warm during the whole treatment — approximately 30 minutes for four discs





SUMMER STAPLE
The classic navy and white breton stripe never goes out of fashion

YOUR SUMMER EDIT
Smooth, hair-free skin helps give you the confidence to wear what you want this summer every single day, whether that's off-duty shorts or a breezy skater skirt



STEP THREE
Use the spatula to apply a layer of wax about as thick as an orange peel directly to skin in the direction of hair re-growth. (Tip: make the end of the strip thicker for easy gripping)



STEP FOUR
Wait for the wax to become dry to the touch (around 30-60 seconds). Hold skin taut, grasp the thicker end of the wax, and pull away fast against the direction of hair growth



STEP FIVE
Clean-up is simple: a quick once-over with Veet Perfect Finish Wipes gently removes any residual wax left on the skin

As the name suggests, the Veet Spawax Stripless Wax Warming Kit — like the latest salon waxing — is strip-free. Why? Because unlike fabric strips that can stick to your skin, the warm wax only adheres to your hair for a more comfortable experience. And it isn't only effective on long hair — Veet's warm wax can adhere to hairs that are just an eye-straining 2mm long, so you don't need to wait to wear summer's biggest fashion trends.

Oh, and it's fast: just five easy steps and you're done. Which means more time to fit in a skin-brightening face mask, or a summer-bright mani/pedi. So why not make a day of it and enjoy the full spa experience at home?

TOP TIP:
Dust skin with talc before you apply the wax to absorb moisture and help it set on the skin faster



Additional spa products and accessories courtesy of HomeSense

love that comfy fresh feet feeling



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TO THE POINT
Taking inspiration from his travels in Egypt and the iridescent colours of the native scarab beetle, Christian Louboutin's new Scarabee limited-edition nail polishes, £36 each, are high on our must-buy list. They're just as outlandish as his shoes (that's the way we like it) and each one comes individually encased in a soft black box, detailed with a cut-out gold scarab beetle design. Elegantly eerie.

Nars has teamed up with Christopher Kane to bring his signature neon style to make-up. ELLE loves the ***Violet Atom Illuminating Multiple****, £29, for a statement cheek glow. It's the collaboration of our dreams.*



Sunshine make-up, beachy hair and a supermodel's scent. These are the new products the ELLE Beauty Team – and you – need now

The beauty brief



BEACH HAIR
Just because you aren't by the sea, doesn't mean you can't channel surfer style

☐ **Get a messy braid**
Apply Redken Braid Aid, £19, through hair's mid-lengths and ends to give your plait long lasting hold and definition.

☐ **Get perfect waves**
Scrunch VO5 Give Me Texture Effortless Wave Creation Foam, £3.99, through hair while blow-drying for soft, natural waves.

☐ **Get tousled**
Tresemmé's Perfectly (Un)Done Sea Salt Spray, £5.50, contains sea kelp extract to give a textured matt effect without sticky residue.

RUBIK'S MODEL SCENT
You can thank our special cover star Anja Rubik for your new summer fragrance. Featuring white lilies and pink peppercorns, Original By Anja Rubik EDP, £60 for 50ml, is as fresh as the bottle looks, which is how Anja interprets her character, too: 'I wanted to put something out there that really represents me – my aesthetics, my world, my vision.'





LIP SOOTHER
How did a lip balm make the cut, you ask? Kate Moss created it, that's how. Give your lips a supermodel-approved dose of essential oils with her new Rimmel London Triple Action Lip Balm, £4.99, for eight hours of intensive moisture.

ELLE **SEE IT**
Look out for our special Anja cover on newsstands now

Words: Natalie Lukaitis. Photography: Jamie Bevan. For shopping details, see Address Book.



SECRET EVENT. BOOK NOW!

WHITE ON WHITE

Nothing beats the confidence that comes with a great-looking smile. Discover yours in just five days with new ***Colgate*** *Max White Expert White*

Beauty and make-up trends come and go, but one thing guaranteed to keep you at the top of your game is a sparkling white smile. That's why the latest beauty-bag essential isn't a luxury serum or limited-edition lip colour, it's a toothpaste. And not just any toothpaste.

New Colgate Max White Expert White offers a breakthrough in whitening toothpastes in the UK. It is the first toothpaste of its kind to contain 0.1% hydrogen peroxide (a whitening agent used by dental health professionals to whiten teeth). Clinically proven* to go deeper than most whitening toothpastes, it's your new secret weapon for removing deep-set stains and reversing yellowing.

*'73% of testers agreed their teeth looked visibly whiter**'*

Used twice a day over just five days, Max White Expert White safely and effectively improves the look of your teeth, with a further, deeper whitening effect on long-term yellowing and stains over four to eight weeks*. Show off your whitest smile with Colgate Max White Expert White.

SECRET EVENT: JOIN US!

Colgate wants you to join them in celebrating its newest beauty secret with a secret beauty event. Taking place in a top London location from 6–9pm on 23rd June 2015, you'll be welcomed by a celebrity guest over canapés and bubbly before enjoying a host of pampering and treats. These include complimentary beauty treatments, group sessions with a leading Harley Street dentist, advice from a photographer on how to achieve the perfect pose and a fabulous goodie bag to take home. Tickets cost just £10 – go to **elleuk.com/secretsummersmiles** to book. See you there!



FOLLOW IT!
Keep up with all the latest Colgate news on Twitter

@COLGATEUK

*Elias-Boneta, A.R, Stiges, X, Mateo, L.R, Clinical Study, 2014. and Elias-Boneta, A.R, Clinical study, 2014.
**Expert White ICPT France Report 2014, consumer trial with 155 people



THE #ELLEFIT SPRING EDIT
Clockwise from left: Nike Studio Wrap Pack 3, £95. Polyamide-mix crop top, £35, and matching leggings, £55, both Whistles x Frame. Sweaty Betty Resistance Band, £10 for two. Alt Milk, £5.95

FIT NOTES

ELLE's Hannah Swerling is a reluctant runner. Unless there is new kit involved...

@ELLEFITTEAM

In the same way that I would find it difficult to ace a job interview in a onesie, surely an Olympic athlete would struggle if they launched themselves from the blocks in a baggy tracksuit. In my less serious running days, I would fall out of bed and into a pair of dog-eared trainers and jog around for a bit. Then, one day, I bought a pair of Nike Flyknits. I'd never spent money on fitness gear before, but suddenly I was drawn to the strangely alluring world of Lycra and neon.

Specialist teams devote themselves to the technological innovation that goes into sportswear, allowing us to run faster, longer and better. And designers make us look good while we're at it. Just like new clothes equal a sudden zest for a night out, new kit inspires an inexplicable urge to exercise.

You don't have to look far for sporty style inspiration. Here's our round-up of the best:

THE BRANDS TO KNOW

Lexie Sport (lexiesport.co.uk) Made by women, for women, Central Saint Martins alumna Lily Rice has created a UK brand as committed to style as it is to performance.
Lornah (lornahsports.co.uk) Created by champion long-distance runner Lornah Kiplagat, all proceeds go to her educational foundation for young Kenyan women.
Gym Luxe (gymluxe.com) Limited-edition graphic designs made in Britain.

THE INSTAGRAMS TO FOLLOW

@adrianneho Model Adrienne Ho's feed will spur you up from the sofa and into your kit. Trust us.
@carlyrowena If you want to catch up on the latest collaborations before they hit stores, fitness blogger Carly has it covered.
@gymlooks All black? Not once you've seen this compilation of colour-coordinated outfits from Instagram users worldwide.

WEAR THIS

Whistles x Frame
Frame has revolutionised exercise since it opened its first studio in London's Shoreditch in 2009. Fast-forward six years, and it is branching into sportswear, collaborating with Whistles to create a range of functional, form-fitting gear that's too cool to keep confined to the gym. The sportswear as streetwear trend continues apace. From £35, available at whistles.com. See Team ELLE wear the range at elleuk.com/street-style.

DO IT
Get a workout idea every week with Anya Lahiri's Monday Move at elleuk.com/beauty

DO THIS

Breathe, stretch, repeat
Fact: Resistance bands are brilliant for low-impact strength training or boosting a body weight workout. Bonus: They're perfect for gentle stretching, too. Sweaty Betty Resistance Bands, £10 for two.

Barefoot beauty
Nike's newest wraps are a three-part footwear 'system' designed to prevent slipping and provide light support, keeping your stance on point during studio work. More bending, less face-planting. Nike Studio Wrap Pack 3, £95.

#ELLEFIT

Alternative therapy... Alt Milk's signature cold-pressed organic recipe contains only five ingredients and almost 20 times the almond content compared to standard off-the-shelf nut milk, making it higher in protein, calcium and heart-healthy fats. Plus, it makes a gorgeous latte (and comes in an equally gorgeous glass bottle). *£5.95 for 500ml, alt-milk.com*

Compiled by: Natalie Lukatis. Photography: Luke J Albert. For shopping details, see Address Book.

The new online product review site...

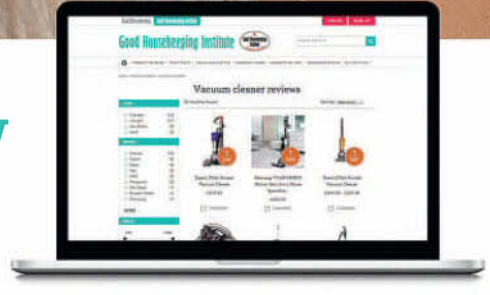


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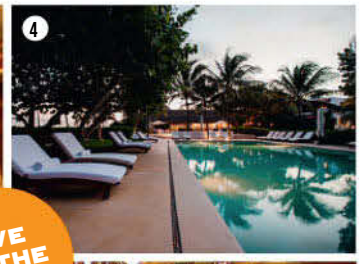
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1
PROJECT PARADISE
Papaya Playa Project, Tulum, Mexico

Photography: Main image by Kaspar Lerch.

EDITED BY
SUSAN WARD DAVIES



THE BODY holidays

ELLE took two types of fitness holiday – one extreme detox, one 'cleansing with calories' – to discover which worked best

THE NO-DIET EXERCISE CAMP

HHH HEALTH RETREATS, KEFALONIA

Tested by Sharon Walker, writer and editor

@SHARONTWALKER

'Just another five kilometres like this,' hollers personal trainer Henlu van der Westhuizen, as he zips up the Tour de France-worthy gradient ahead of us on our bike ride. My heart is already going like the clappers and another 5km like this could easily tip me into full cardiac arrest, but I've long since learnt to take Henlu's more alarming prompts with a pinch of sodium-free salt. Sure enough, the road soon flattens out and, before long, we are speeding down the other side of the hill, back towards the hotel and a well-earned breakfast.

Arriving on the pretty Greek island of Kefalonia, I'd quickly decided that this last-minute fitness holiday had been the right decision. I'd chosen this retreat because I wanted to detox and I needed a reminder that no, sadly, skinny fries are not the healthy option just because they come with a sprinkling of rosemary. In short, I needed a shot of willpower – but I also wanted a nice holiday. A lot to ask maybe, but I didn't want to spend my trip fighting the urge to stab a waiter with a fork as my blood sugar went into free fall.

Finally, I also wanted a really gorgeous hotel. Fitness holidays aren't generally known for being held in the loveliest of venues, but you put up with the boot-camp surroundings in the hope of coming home with buns of steel and a healthy new outlook. With a HHH Retreat, I'm pleased to report, you can have both: a heavenly hotel (in this case, the five-star Emelisse Hotel in the unspoilt north of Kefalonia, although they also run regular courses on neighbouring island Ithaca) *and* a Lara Croft body (well, you'll certainly come home on a punch-the-sky health high).

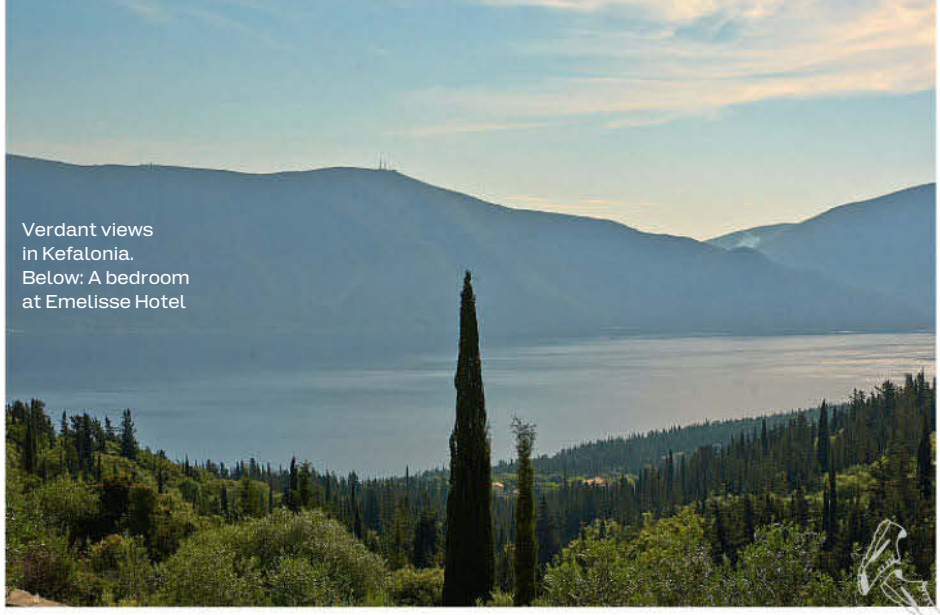
At Emelisse, there are high-thread-count sheets, fluffy towels and an elegant infinity pool. The surrounding nature is magical too, with wild walks, conifer-clad rocky outcrops and a spectacularly blue ocean. Plus, the retreat has a delightfully unusual take on food, in that it's as important and plentiful as the exercise.

Our week begins with a barefoot meditation walk and sun salutations on the beach. 'My goal is for you to feel that moment when it all connects. If you can get that, even for 30 seconds, my work here is done,' says Jacqueline Porjes, our wonderfully droll yoga instructor. But there's no time for navel-gazing,



Emelisse Hotel, one of HHH Health Retreat's bases

Main photography: Enrique Badulescu. Styling: Anne-Marie Curtis.



Verdant views in Kefalonia. Below: A bedroom at Emelisse Hotel

as before long I'm lying on my back in a position Porjes describes as 'ideal for giving yourself a bikini wax'. I've never been a big fan of yoga – it somehow seems so earnest and it bloody hurts – but here we are having a proper laugh. And at no point do I feel the urge to dash out for a Twix, because the food afterwards is great and served up in generous portions.

The retreat was co-founded by Alan Wichert, a seasoned spa chef, who has worked for several Michelin-rated restaurants and a fistful of billionaires, so you know you are in good hands. 'Big Al' is assisted by TV chef (and personal trainer Henlu's sister) Alet van der Westhuizen – and between them they produce brilliant results, like their delicious stuffed tomato. And it doesn't hurt that meals are served right on the seafront (that view again), looking out towards the hazy, mountainous outline of Ithaca.

With a backdrop like this, it's hard not to feel relaxed. And yet the days here are jam-packed. I roll out of bed at 7.30am for an energy-boosting banana, with the action kicking off at 8am, and a choice of activities: walk, run, cycle or yoga. This is just one of the things that sets this fitness retreat apart: you can cherry-pick your programme to suit your fitness level and, whichever activity you choose, you'll be working with a specialist trainer at the top of their game.



On day one, I opt for a running session with Max Tomlinson, a top nutritionist, naturopath and ultra-marathon runner. The 7km route takes us along the winding coastal road to the stunning Foki Beach, with Tomlinson encouraging us to pull up our knees, landing softly on our toes. I feel a bit silly prancing along like a My Little Pony but, I've got to admit, it really does work: I find I can run faster and further without developing the niggling shin splints that usually curtail my jogging attempts back home in London.

On alternate days, the morning workout is replaced by a longer three-hour hike, fuelled by the most delicious super-food porridge: a mix of goji berries, chia seeds and freshly made nut milk. The walks are staggeringly beautiful, with wild rocky paths and the scent of fresh thyme filling our lungs. On the home stretch, we stop to tear off our clothes, taking the plunge into the gorgeous, clear ocean, before hiking the last kilometre back through the pine forest to the hotel for personal training and tennis.

'I've never been a big fan of yoga – it somehow seems so earnest and it bloody hurts – but here we are having a proper laugh'

The range of activities is impressive but not overwhelming, and there's plenty of fun too, with a pizza night (gluten- but not calorie-free: the ethos is we actually need some carbs to fuel all the exercise we're doing), group quiz and glamorous excursion to neighbouring Ithaca in the hotel's handsome motorboat, La Fortuna, with the charming owner, Harris Tsimaras, acting as tour guide. You will sweat during the retreat, but all your hard work is rewarded with seriously pampering massage sessions in the hotel spa and Chi Nei Tsang, (a spiritual kind of abdominal massage) with holistic wellness guru Allie Walker.

By the end of the week, I feel like a new woman. I am sleeping like a baby, have made new friends and have shaved several centimetres off my thighs and waist. The final day's weigh-ins reveal I've even lost 5lb, which is extraordinary because I haven't felt hungry once. As a group, we celebrate our shared success with a glass of champagne at the farewell party. Now that's what I call balance.

GETTING THERE

HHH Health Retreats (0797 000 8727; hhh-healthretreats.com) offers seven nights from £1,895 per person full-board, including classes, activities, three bodywork and two one-to-one sessions. The next fitness trip takes place 3-10 October. easyJet (easyjet.com) has return flights from London Gatwick to Kefalonia from around £161.

THE JUICE DETOX RETREAT

VILA MIMOSA, PORTUGAL

@KERRY_POTTER

Tested by Kerry Potter, ELLE contributing editor

Preparation is key: a mantra I blithely ignored before swanning off to an extreme juice detox in Portugal. We'd been advised to cut down on caffeine, alcohol, sugar and portion sizes in the week prior to our stay. Instead, three days before departure, I found myself by day writing a story about – you couldn't make this up – chocolate trends, scoffing kilos of the stuff by way of research, while by night attending a slew of boozy parties.

Many people do juice cleanses to lose weight, but that wasn't my motivation. I'm a size 10, my diet is decent (I own a spiralizer, goddammit) and I run a lot. Women rarely say this, but I think I look all right, actually. What I craved was a counterpoint to a frazzling work life: a few precious days of being deliciously alone, with sunshine, sleep, a bit of exercise, a lot of lolling around and a change of scene. I've been on several brilliant health and fitness breaks ›


Vila Mimosa. Portugal

arranged by the knowledgeable Zoe Stebbing at Lotus Holidays before, so I hastily agreed to this one, assuming I knew the drill. With hindsight, it sounds idiotic, but I failed to register this was a juice-only fast: no actual, chewable food allowed. My experience of juicing was limited to rustling up the occasional healthy concoction as a supplement to my normal diet. I didn't take into account the difference between having the occasional juice as a boost and living on juice alone. I even packed my running gear, not realising for a second that I'd be so devoid of energy, I'd barely be able to stroll, let alone run 5km.

The reality hit me on arrival. The juice fast consisted of a measly 400-500 calories per day: juice for breakfast, lunch and afternoon snack, with a small portion of soup for dinner. Each was uniformly delicious and created using an imaginative range of fruits, vegetables, nuts and seeds. But, still. When it came to solids, suddenly I was nil by mouth.

Usually, the only time I don't eat three meals a day is if I have a stomach bug, and I've never been a dieter. If my jeans feel a bit tight, I'll lay off the snacks for a few days but that's about as extreme as I get. Conversely, of the 15 juicers on the retreat, the majority were hardy, no-nonsense Dutch men and women, who return year after year for an annual week-long reboot. Weight loss was their primary goal, and they talked in awed tones of how they would lose anything up to a stone. At this point, I began to wonder if I'd made a mistake: while I wouldn't mind losing a few pounds, I wasn't psychologically prepared to starve myself to do so.

GETTING THERE

Vila Mimosa, Vale Rabelho, Gale, Albufeira 8200-428, Portugal. +351 915 033 996; lotusjourneys.com. Juice retreats cost from £780 for seven nights, full-board, including one massage and two lymphatic drainage treatments, two excursions to local towns, and transfers to and from Faro Airport. British Airways (ba.com) has return flights to Faro from London Gatwick from around £130.


Relaxation, Moorish-style

It was OK for the first day – I can think of worse places to be ravenously hungry. The retreat is based in a pretty Moorish villa, with 14 en-suite bedrooms, a heated outdoor pool, sauna and tropical gardens. The beach is a 10-minute stroll through the village. There are poolside treatment rooms, where I distracted myself with a massage and a reflexology session (both excellent). Sunrise and sunset yoga classes on the rooftop terrace were blissful. The ropey Wi-Fi connection meant I stepped away from my inbox and settled down on a sunlounger nose-deep in a novel. I chatted with mellow Dutch manager Karen Bosman, whose family has been running the retreat for 19 years. I even invented my own 'hunger hack': we were allowed unlimited herbal tea through the day, and I discovered that if I loaded mine with cinnamon sticks, it gave it a sweet taste that took the edge off my sugar cravings.

'Juicing and I had a major falling out. I woke in the middle of the second night feeling dreadful: dizzy, disorientated and sweating'

But then juicing and I had a major falling out. I woke in the middle of the second night feeling dreadful: dizzy, disorientated and sweating. On all fours, I inched into the bathroom and vomited, before spending the rest of the night lying on the bath mat, puking, shivering, crying and wondering if I was going to die (and as someone who has twice endured childbirth, I don't say that lightly). At 6am, I crawled downstairs to reception to get help. Karen took one look at my grey, frightened face and did a pinprick finger test to check my blood sugar levels. They had dipped alarmingly low. Later, back home, an NHS dietitian friend would tell me I was experiencing the kind of 'hypo' suffered by diabetics. I was helped back to bed, given yoghurt, houmous on crackers, and dextrose tablets. I took a few nibbles, and instantly fell asleep until early afternoon. When I finally woke, I was relieved to discover I felt like a human being again. Karen moved me from the juice fast to the 'mild fast' option, which allowed 900 calories a day and meant the juices were supplemented by some actual food: yoghurt for breakfast, a feta salad for lunch. That's still only around 50% of my usual calorific intake, but at the time it felt like a veritable banquet. This, I decided, I could take for two more days.

Back home, I spoke to various medical experts (all of whom *hate* juice cleanses. Your kidneys and liver naturally meet all your detox needs, they say). The upshot was that such an extreme regime sent my body into shock. The contrast with my normal life – eating little and often to keep my blood sugar levels steady, coupled with regular blasts of metabolism-boosting exercise – was too great. It wouldn't be fair to conclude from my one experience that all juice fasting is dangerous, but I'd advise you to be cautious and listen to your body.

That said, juicing clearly works for a lot of people, and it's a huge growth industry. According to Karen, only one in 100 clients endures my reaction. Once I'd got over my night of terror, things picked up. As these trips often do, it inspired me to fine-tune my lifestyle: I turn my phone off more often and I dust down my juicer on occasion (despite my experience, I think it has its uses as a supplement to a balanced diet). The retreat may have been too extreme for me, but I've learnt that a bit of moderation goes a long way. And I'll pick my healthy holiday a little more carefully next time.

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Photography: Graham Walser for Hearst Studios, Jason Lloyd-Evans.

Below: Heathland Cottages



HOT WEEKENDS



Dog-friendly hotels

Planning a trip with your pooch? We have all the right places

HEATHLAND COTTAGES, WAREHAM, DORSET

The stark exterior of these three corrugated-iron cottages belies their cosy, ski lodge-like interiors. Their heritage as a former isolation wing of a nearby hospital is evident in the (very comfortable) hospital-style iron beds and the middle-of-nowhere feel; open the front door and you step out into miles of gorgeous heathland. All three cottages are very similar (one and three sleep six, and two sleeps five) and are perfect for gangs – take over all three and party all night with no one to disturb.

Walks: Miles of Purbeck heathland on the doorstep.

Heathland Cottages, near Wareham, Isle of Purbeck, Dorset; 0344 335 1287; nationaltrustholidays.org.uk. Two nights from £254 (dogs free, max two)





Right and above: Medieval architecture meets cosy interiors at Warden Abbey

WARDEN ABBEY, OLD WARDEN, BEDFORDSHIRE

You couldn't get much farther from it all than this medieval abbey – well, the remains of it, anyway. What is left of the original 12th century building looks like a miniature castle, with its crenellations and turrets. Inside you have three floors of Tudor fireplaces, oak-beamed ceilings and a wood-burning stove to keep it all cosy.

Walks: If you're up for a long one, there is an 8-mile circular route from the nearby church. Rover will love you for it.

Old Warden, Bedfordshire; 01628 825 925; landmarktrust.org.uk. Sleeps five, from £337 for a four-night weekend (dogs free, max two)

DO IT
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Above: Amazing beds are a key feature at The Hoste. Above right: Al fresco tipples at Middlewick

THE HOSTE, BURNHAM MARKET, NORFOLK

Right on the village green, The Hoste's grade II-listed frontage houses a cosy bar and wood-panelled restaurant that uses local produce to great effect. Behind the bar the building expands, Tardis-like, into tented glass ceilings, with tapestry rugs underfoot. Thirty eight rooms in the main hotel are dog-friendly, as are the self-catering cottages and conservatory annex of the restaurant. Pups are kept quiet with treats the waitress brings along with the menu.
Walks: Miles of rolling sand dunes edged by pine forest at nearby Holkham Gap.
The Green, Burnham Market, King's Lynn, Norfolk PE31 8HD; 01328 738 777; thehoste.com. Doubles from £130, B&B (dogs £15, one per room)

MIDDLEWICK HOLIDAY COTTAGES, SOMERSET

Dogs may not be allowed into Glastonbury festival, but yours can experience the next best thing at Middlewick. Half a mile outside the town of Glastonbury, Middlewick has 12 self-catering cottages (a favourite of Mumford & Sons) and a glamping option in an 'e-den': a wooden pod with electricity, a fridge, loo and shower, plus a double bed with fresh white bed linen. The town is very dog-friendly, too.
Walks: It is just under an hour's walk from Middlewick to the top of Glastonbury Tor.
Middlewick Holiday Cottages, Wick Lane, Glastonbury, Somerset BA6 8JW; 01458 832 351; middlewickholidaycottages.co.uk. From £65 per e-den per night (£15 one-off charge for dogs on stays of four nights or fewer, one dog per e-den)



Rural heaven at Middlewick Cottages



FOREST HOLIDAYS, KELDY, NORTH YORKSHIRE

Book a self-catering cabin in the middle of this massive Forestry Commission-owned forest, where your dog can roam through hundreds of acres of oak, pine, beech, ash and birch trees. Spaced far enough apart for privacy, the 59 cabins include the Silver Birch, with outdoor hot tub, and Golden Oak Treehouse. The interiors are simply done, with the focus on the magnificent forest, seen through floor-to-ceiling windows.
Walks: Step out of your cabin and tramp through the woodland for miles.
Forest Holidays, Keldy, North Yorkshire, YO18 8HW; 0333 011 0495; forestholidays.co.uk. Cabins sleep two to eight. Three-night weekend from £220 (£10 per dog per night, max four dogs per cabin)



Floor-to-ceiling windows showcase the magical woods at Forest Holidays

Words: Jane Common*, Charlie Gowans-Eglinton, Lara Ferros, Susan Ward Davies. Main photography: Gemma Booth. Additional photography: Chris Lacey, John Miller. *Jane Common is the author of Phileas Dogg's Guide To Dog-Friendly Holidays In Britain (Constable & Robinson).

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Natural World Coconut Water Hydration & Shine haircare RRP £3.49 - £6.99. Visit www.beautyandthebunch.com or call 020 7299 7400.

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www.yourtea.com

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Including Vida Glow into your daily diet will help stimulate the body's natural production of collagen, as it works from within to rebuild and strengthen the collagen matrix below the skin's surface, thereby increasing elasticity, hydration and firmness in the skin. Vida Glow helps repair weak and brittle nails, for a healthy and natural manicure. Your hair will also greatly benefit with new volume, shine and growth as Vida Glow enhances hair follicles, giving you those gorgeous locks you've always dreamt of.

www.vidaglow.co

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Tel. 01923 212555. REGENTIV, PO BOX 400, Herts, WD17 3ZW or www.regentiv.co.uk



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THE AESTHETIC MEDICAL CLINIC

The Body Guru

He is considered to be a magician due to his amazing ability to transform the face and body – make a date for your own magical transformation with Dr Georges Roman.

Winter is now behind us and Spring sunshine well on the way and in no time at all it will be holiday time ... and time too to show off our perfect bikini bodies .

The man who can help you shed those winter pounds is known as the *'Million-Dollar Doctor'* and is favoured by international royalty and Oscar winners alike, thanks to his advanced non-invasive body-contouring treatments that give amazing, natural results with no recovery time.

Dr Roman specialises in two highly effective fat reduction procedures, including the popular Ultra Lipolyse, which treats even untreatable areas for cellulite and fat reduction. Ultra Lipolyse uses lasers to break down fat cells to give you a body that is wonderfully reshaped and ready to flaunt. As well as producing amazing results for slim thighs, toned tummies and shapely legs, Ultra Lipolyse is fab for targeting tricky areas such as the calves, knees, upper arms and back - giving you the body you've always wanted.

Alternatively, Dr Roman has introduced a new non-invasive procedure called **Paris Freeze**. The treatment freezes the fat cells, which are then naturally broken down by the body resulting in a substantial loss of fat deposits on areas such as the stomach, thighs and inner arms - just the thing to reshape your figure before the summer. Unsurprisingly, these expertly delivered treatments mean Dr. Roman has a long waiting list – so it's best to **book now** to get the body of your dreams ready for summer. Let the magic begin.

ELLE Offer

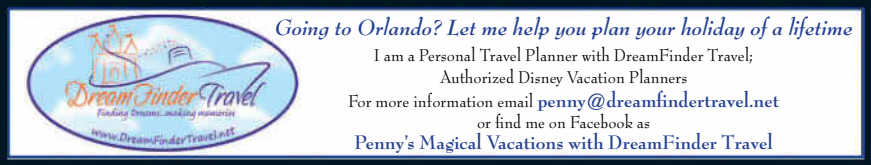
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Pai Rosehip BioRegenerate Oil, £22



bareMinerals Blemish Remedy, £15 (includes brush)



'This multipurpose eye palette primes, shades, defines and highlights. A summer must-have.'

Bourjois Smoky Stories Palette in Over Rose, £7.99



Perricone MD Intensive Pore Minimizer, £49.50



Ole Henriksen Pick Me Up Face Mist, £21

'This high-performance moisturiser leaves skin looking refreshed and smooth.'



Jurlique Rose Moisture Plus Moisturising Cream, £28.50





Aveda Scalp Benefits Balancing Shampoo (above) & Conditioner Duo, £38



Natio Broad Spectrum Sunscreen SPF 50+, £6.90



Benefit Dr. Feelgood Multipurpose Balm £23.50

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Tigi Catwalk Oatmeal & Honey Intense Nourishing Mask, £16.50



Compiled by: Natalie Lukaitis. Photography: Jason Lloyd-Evans, Silvia Olsen, Graham Walser for Hearst Studios.
*Please note, the issues sold on lookfantastic.com are travel size, and therefore do not include the free gift.



FINAL SAY
GILES DEACON

The London fashion designer, 45, shares what inspires and motivates him



DESCRIBE YOUR SPRING/SUMMER 2015 SHOW IN THREE WORDS. Synthetic, pop, jungle. **WHO WAS YOUR FAVOURITE MODEL IN THAT SHOW?** Anna Grostina (left). She's a fantastic new face in the show; I loved her haughtiness.

WHAT IS THE MOST IMPORTANT SKILL REQUIRED TO DO YOUR JOB? A sense of humour and to be able to draw. **WHAT WAS YOUR FIRST JOB?** An unofficial private detective, following someone who was (allegedly) having an affair.



WHAT IS YOUR FAVOURITE COLOUR?

GERMOLENE PINK – THE BEST SYNTHETIC COLOUR EVER.





ARE YOU A GOOD BOSS? I hope so. I try to have fun where possible – what's the point otherwise? **WHAT IS THE VIEW FROM YOUR OFFICE?** A fish and chip shop called Poppies, which is torture. And a great view of the sky, which I adore.

WHAT QUALITIES DO YOU LOOK FOR IN A FRIEND? A good sense of humour and a nice car. **WHAT IS YOUR WORST HABIT?** Judging situations or people too quickly, both good and bad.



WHAT KEEPS YOU UP AT NIGHT? The rail-tunnel drilling under my flat. **WHAT DO YOU DO WHEN YOU ARE BORED?** I rarely get bored, but if I do I stick my head in a book. **WHAT WOULD IT SURPRISE PEOPLE TO KNOW ABOUT YOU?** I can waterski and I collect tea towels.

WHEN WAS THE LAST TIME YOU CRIED? Last November, at the loss of one of my best friends. **IF YOU WERE ARRESTED, WHAT WOULD IT BE FOR?** I've been arrested. For being underage in a nightclub.

WHAT IS THE FIRST THING YOU DO EVERY MORNING? Spend five minutes trying to locate my glasses. **AND THE LAST THING YOU DO AT NIGHT?** Try to put my glasses somewhere I will remember in the morning.

WHAT CHANGE WOULD YOU MOST LIKE TO SEE IN THE WORLD?

FREE SWEETS.



WHERE WOULD YOU LIKE TO LIVE? Part in the countryside, and part in a wondrous city. **WHAT WAS THE LAST TEXT YOU SENT?** 'When are we going zorbing?'

DESCRIBE YOUR PERFECT NIGHT OUT. An evening that turns out totally unexpectedly. **WHAT IS YOUR FAVOURITE DRINK?** Elderflower cordial (sometimes with vodka).

WHICH FASHION SHOW DO YOU WISH YOU HAD SEEN?

MONSIEUR ANDRÉ COURRÈGES' SPACE AGE COLLECTION IN 1964.





Compiled by: Gillian Brett. Photography: instagram/gilesdeacon_, Jason Lloyd-Evans, Rex, Anthea Simms.


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